# My Goals for Healthy Habits

Use this worksheet to plan out what healthy habits you can do in your every day life.

- **Include fruit each day**
- **Drink more water**
- **Get a good night’s sleep**
- **Include movement each day**
- **Eat balanced meals**
- **Set aside “me time”**

## What are my goals?

I want to improve my health by: *(Getting more exercise)*

## My goal for this week is to:

*(Go on two 30-minute walks)*

## My plan to reach this goal:

**When I will do it:** *(On my lunch break)*

**Where I will do it:** *(At the park)*

**How often I will do it:** *(Mondays and Wednesdays)*

**What might get in the way of my goal:** *(Changes to my schedule)*

**What can I do about it:** *(Pick a different day to go on a walk)*

How confident am I that I can reach my goal? *[Circle where you are]*

<table>
<thead>
<tr>
<th>Rating</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>Not at all confident</td>
</tr>
<tr>
<td>1</td>
<td>Very little</td>
</tr>
<tr>
<td>2</td>
<td>Somewhat</td>
</tr>
<tr>
<td>3</td>
<td>Very much</td>
</tr>
<tr>
<td>4</td>
<td>Totally confident</td>
</tr>
</tbody>
</table>

My plan to move forward: ____________________________