

# 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**

## 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)



Not at all confident

Very little

Somewhat

Very much

Totally confident



**Drink more water**



**Get a good night's sleep**



**Include movement each day**



**Eat balanced meals**



**Set aside "me time"**

My plan to move forward: \_\_\_\_\_