

Goal Tracking *Form*

Assessing Your Readiness for Healthy Change

Set **S**pecific, **M**easurable, **A**ttainable, **R**elevant, and **T**ime-bound (SMART) goals.

Directions: Fill in your weekly healthy lifestyle (behavior) goal at the beginning of the week. At the end of the week, complete the last three sections. Identifying your successes, obstacles and solutions for overcoming barriers will help you achieve your future goals. You can download this form to your computer and use it as often as you like.

Date:

Week #:

Weekly goal:

Write down how successful you were this week:

List anything that may have prevented you from reaching your goal:

Write down possible solutions to overcome the obstacles listed above:

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