

12 Weeks to Wellness Goal Worksheet

List your specific health GOALS.

Be specific. State what you want to do and by what date you want to accomplish it. Write out more goals if you wish. May use a journal or notebook.

Example: To lower my cholesterol from 240 to <200 by the week 8 of the series.

Example: To lower weight from 225 to 215 in the first 4 weeks and continue with 5 pounds of weight loss per month down to final goal of

Example: To lower my blood sugars to < 100 before meals and <140 two hours after meals on most days and to decrease my need for medications by end of week 12.

1.

2.

3.

4.

5.

What are the strategies that I will follow daily in order for me to reach my goals?

1.

2.

3.

4.

5.