

GetFIT | Goals Worksheet

Planning is the first step in reaching your goals. Take a few moments to commit your goals to paper, and remember to make them realistic. You want to challenge yourself, not discourage yourself with unobtainable goals.

Exercise and Activity Goal(s)

Examples: Take a walk every day; go to the gym

To reach my exercise and activity goal(s), I will do these three things:

Examples: Join a walking group; meet a friend at the gym

1. _____

2. _____

3. _____

Diet and Nutrition Goal(s)

Examples: Try one new healthy recipe each week; drink one less soda each week

To reach my diet and nutrition goal(s), I will do these three things:

Examples: Buy a new healthy cookbook; drink more water with my meals

1. _____

2. _____

3. _____

What is my motivation to reach my GetFIT goals?

Examples: Drop a clothing size; feel healthier and have more energy

1. _____

2. _____