MOVEMENT 1ST WELLNESS

GOAL SETTING WORKSHEET

My Goals:

What I want to achieve: _____
By when: _____

My "Why": _____
_____
_____

Challenges/Obstacles: _____
_____

What I need to do (steps):
1._____
2._____
3._____
4._____

How will you make sure you schedule time each week to complete goal:
_____
_____

Results: _____
_____
_____

Key take aways:
_____
_____
_____