

#3

Goal setting worksheet

Check one healthy goal you would like to work on before your next appointment

- 8-11 hours of sleep each night this week
- 7 breakfasts this week
- 6 family meals around the table this week
- 5 servings of fruit and vegetables each day
- 4 positive self-messages each day
- 3 servings of low-fat dairy each day
- 2 hours or less of recreational screen time each day
- 1 hour or more of physical activity each day
- 0 sugar sweetened beverages each day

How sure are you that you can reach your goal on a scale of 1 to 10?

What are you doing well already?

I/we will goal statement

What gets in the way of you reaching your goal?

What changes can you make to reach your goal?