

My Weekly Goals

Set your weekly healthy eating and exercise goals.

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

Week of: _____

Healthy eating goal: _____

Write down how successful you were this week: _____

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

Write down solutions to overcome the obstacles listed above: _____

Exercise goal: _____

Write down how successful you were this week: _____

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

Write down solutions to overcome the obstacles listed above: _____
