

# 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: August 4

Healthy eating goal: I will eat five servings of fruits and vegetables each day for at least five days this week.

Write down how successful you were this week: I ate five servings of fruits and vegetables three days, four servings one day, two servings one day, and one serving one day.

List anything that may have prevented you from reaching your goal: I ate fast food one day and didn't get any fruits or vegetables during that meal. I forgot to bring a fruit or vegetable for my lunch one day and ran out of vegetables for dinner that day. I ran late in the morning one day and grabbed a muffin on my way out the door, went out to lunch and got a serving of vegetables, but had no other fruits or vegetables that day. One day I didn't track at all.

Write down solutions to overcome the obstacles listed above: Review fast food menus for healthier choices, such as salad or yogurt with fruit. Put a Post-it note on the refrigerator to remind me to add fruit or vegetables to my lunch. Grocery shop on the weekend and buy enough fruits and vegetables to last me through my next shopping trip.

Exercise goal: I will walk two miles at least three days for a total of six miles this week.

Write down how successful you were this week: I walked two miles two days and one mile one day for a total of five miles this week.

List anything that may have prevented you from reaching your goal: The day I walked one mile it rained later in the day so I didn't walk after work.

Write down solutions to overcome the obstacles listed above: When I schedule the days I will walk, I will include a backup plan for bad weather. I will stop at the mall on my way home and walk or I will walk one mile on Saturday or Sunday.