My Daily/Weekly *Checklist*

Print these checklists and place them in areas where you will be reminded to stay motivated and on track.

My Daily/Weekly Checklist

Goal: _____

_____

(Example: I will eat three servings of vegetables a day for at least five days.)

Motivation: _____

_____

(Example: I want to have enough energy to keep up with my young children and give them a great childhood.)

Each day I will:

❑ Plan for overcoming anticipated obstacles:

_____

❑ Make adjustments to my environment:

_____

❑ Check in with support person/people:

_____

❑ Monitor my progress:

_____

❑ Reward my accomplishments:

_____

❑ Acknowledge and learn from setbacks or drift:

_____

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