**Goal Setting Worksheet Part A**

Goal setting is an important step to becoming healthier. Use the following activity to set one nutrition or physical activity goal. If you would like to pick two goals to work on at the same time, use two worksheets. Use pencil or type on a computer.

1. What do you want to change? Be specific, e.g., eat more fruit, eat less chocolate, walk more, play a sport (name the sport).
2. How much do you want to change? Assign a number to it (e.g., eat **four servings** of fruit, eat **chocolate no more than once a week**, walk at least **20 minutes every day**, sign up for basketball and **make it to every practice**).
3. What is your deadline to accomplish this goal? It should be in near future. No further away than 2-3 months.
4. Using the above answers, write down your goal (e.g., by the end of this month, I will begin walking for 20 minutes every day.)
5. Close your eyes. Can you picture yourself following through with this goal? (If you cannot, erase your answers and start smaller.)
6. Does your goal seem too easy? (If yes, see if you can make it a little more challenging. Then try question # 5 again.)
7. What is your plan to achieve your goal?

**Goal Setting Worksheet Part B**

An important part of goal setting is going back to see how you did and making changes to your goal. This worksheet will help you do that. Now that you have been working on your goal for a couple of weeks, let’s check on your progress.

1. Write down your goal from the Goal Setting Worksheet A.
2. How would you rate your progress toward your goal?

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| No progress | I have made very little progress | I have an okay start | I am almost there | I have achieved my goal |

1. Based on your progress, do you want to change your goal? (If you do not want to change your goal, good luck on meeting your goal. You are finished with this worksheet. If you would like to change your goal, go to question 4.)
2. Why do you want to change your goal?
3. What do you want to change?
4. Using Goal Setting Worksheet A figure out your new goal. Write your new goal in the space below.