

My Goals This Week

online care group

Week: _____

Use this tracker to set daily, realistic goals. Then, write how you felt after meeting each goal. Print out a few sheets to keep track of several weeks.

Day	Goal	How did I feel after meeting my goal?
Example:	<i>Today I will take a yoga class after work</i>	<i>Yoga helped me unwind and sleep better</i>
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

This content is provided for informational purposes only and is not a substitute for professional medical advice, diagnosis or treatment. You should always consult your doctor or other qualified health provider if you have questions or concerns.

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Read these examples to help inspire your own goals. Then use your goal tracking sheet to write down your daily goals and the feelings you have after you accomplish them.

Week:

August 5-11

Day	Goal	How did I feel after meeting my goal?
Monday	Drink 8 glasses of water	Drinking enough water keeps me energized
Tuesday	Take a 10 min. walk at lunch	I was tired before the walk, but returned to work refreshed
Wednesday	Take a yoga class after work	Yoga helped me unwind at the end of the day
Thursday	Eat fruit as a snack between meals	Having a healthy snack helped me control my portion sizes at lunch and dinner
Friday	Make dinner at home	I'm proud I made a healthy meal for my family and myself
Saturday	Order a salad with lunch	Filling up on vegetables makes me feel full longer
Sunday	Treat myself to a pedicure	Taking time for myself makes me feel better

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