



Giving Your Big Ah Hah Legs

YOUR VISION:

I want (health goal)

So that I can (or because)

3 MONTH BEHAVIORAL GOALS Include diet, exercise and lifestyle goals that will lead you to your health vision

1. I WILL

2. I WILL

3. I WILL

THIS WEEK'S BEHAVIORAL STEPS

1. I WILL

2. I WILL

3. I WILL

MAKE SURE YOUR GOALS ARE SMART:

Specific* **M**easurable* **A**ction-based* **R**ealistic* **T**imeline

Make sure you have at least a 70% confidence level in these weekly goals/steps.