

Example Worksheet—Weekly Goal Guide

Name: _____

Date: _____

Three-month goal: **Improve health**

Create your small steps for this week (one to two steps):



1. Work to complete all your TO-DO's during the week.
2. Write in the OUTCOME boxes whether you completed them.
3. Describe any obstacles that came up.

Step 1. Workout **Step 2.** Go to the beach

	MON	TUE	WED	THU	FRI	SAT	SUN
TO-DO's		Workout		Visit park	Workout	Walk to beach	
OUTCOME (What Happened)		Good, ran park trail		Was too busy to go. Will go Saturday.	Good, used park for exercise	Serenity & music, at the beach; also went to the park	