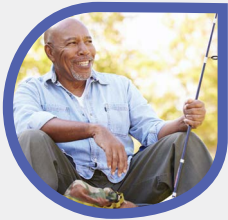




Choose one healthy living goal you want to work on.



Manage Stress



Be Involved in your Health Care



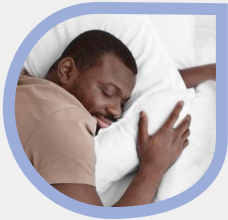
Limit Alcohol



Strive for a Healthy Weight



Eat Wisely



Sleep Well



Get Recommended Screening Tests & Immunizations



Be Tobacco Free



Be Safe



Be Physically Active

Or write in your own healthy living goal:

Set a goal to work on and share with your health care team.

Remember to make it SMART - Specific, Measurable, Action-oriented, Realistic, Time-based.

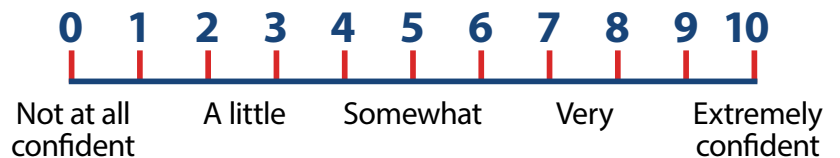
My goal for next week is:

Things that might get in my way:

I can overcome these things by:

Confidence in reaching my goal:

What number matches how confident you feel.



Follow-up Date:

Follow-up Method:

Phone

In-person

Other



Progress Check-In

Complete and update your plan every week. Use the charts below to track your progress toward meeting your weekly goal.

Goal:

for week beginning:

Days of Week	Action Taken	Comments (how I felt, challenges, successes)
Sample Day	I walked for 15 minutes	I was tired after the walk and slept better that night.
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Goal:

for week beginning:

Days of Week	Action Taken	Comments (how I felt, challenges, successes)
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

