**Goal Setting Worksheet**

**Section 1: Plan Creation**

**Defining Your Goal**

What is your goal?

Be Healthier.

Why is that your goal?

I want to be more fit. I get tired easily and I don’t like it. I don’t feel good a lot of the days. I want to feel stronger.

What are potential roadblocks to reaching your goal? How will you overcome them?

My friend offers me candy weekly - I’ll tell them I don’t want them to offer it anymore, and I’ll decide I don’t want it.

I don’t know any good workouts - I’ll look one up online

The gym is too far away - I’ll work out at home

**Making your goal measurable**

How will you know when you’ve reached your goal?

I’ll have reached my goal when I can run 2 miles, do 5 pullups and 10 pushups.

How will you measure progress? A number or yes/no value is best.

(ex. yes, I went to the gym or I did 10 pushups)

Every time I go to the gym, I’ll measure how far I run, how many pull ups I can do and how many push ups I can do and write those numbers down.

**Making Your Goal Actionable**

What specific actions do you need to take to achieve your goal? Write down each action you can think of.

I need to find a workout plan

I need to figure out when I’ll work out

**Enter your Actionable Items Into Section 2 - Make sure to add times when you'll do the actions. Get a calendar!**

I will find a workout plan Monday at 8 AM.

I will work out Tuesday, Thursday, Saturday each week at 7:30 AM to 8:30 AM

**Section 2: Executing Your Goal**

**Week 1:**

Daily Reflection 1: I found my plan! Excited to start tomorrow.

Daily Reflection 2: It was hard, but I finished the workout

Half a mile run, 2 push ups, 1 pull up.

Daily Reflection 3: Free day. I’m tired but recovering

Daily Reflection 4: I’m still sore today, the workout was hard! I went backward, but it’s because I was still so sore!

Half a mile run. 1 Push up. 1 Pull up

Daily Reflection 5: Break Day. Still feeling motivated to do this workout. I like the pacing so far.

Daily Reflection 6: Today was good! I made some improvements and I’m happy.

Mile run, 3 push ups, 1 pull up.

Daily Reflection 7: Break day. I’m feeling a little better already.

Weekly Reflection: This week was really difficult, but I feel good and am sticking to the progress well. I think this plan is the right challenge for me, the mornings might not be the best time though. I feel like I have more energy in the evening, I might try that instead next week.

So on and so forth :)

**Week 2**

Daily Reflection 1:

Daily Reflection 2:

Daily Reflection 3:

Daily Reflection 4:

Daily Reflection 5:

Daily Reflection 6:

Daily Reflection 7:

Weekly Reflection:

**Week 3**

Daily Reflection 1:

Daily Reflection 2:

Daily Reflection 3:

Daily Reflection 4:

Daily Reflection 5:

Daily Reflection 6:

Daily Reflection 7:

Weekly Reflection:

**Week 4**

Daily Reflection 1:

Daily Reflection 2:

Daily Reflection 3:

Daily Reflection 4:

Daily Reflection 5:

Daily Reflection 6:

Daily Reflection 7:

Weekly Reflection: