

Ready? Set Goals!

By taking the assessments in this session, did you learn of new areas you want to focus on? Use this form to enter new goals and rewards.

My Long-Term Goals (one month or longer)

Example: Within three months, I will increase my portions of whole grains to three ounces per day, as confirmed by my daily food logs.

Goal 1: _____

Reward: _____

Goal 2: _____

Reward: _____

My Short-Term Goals (less than one month)

Example: During the next week, I will eat one ounce of whole-grain cereal for breakfast on five of the seven days. I'll confirm this by reviewing my daily food log.

Goal 1: _____

Reward: _____

Goal 2: _____

Reward: _____

Goal 3: _____

Reward: _____

Goal 4: _____

Reward: _____
