

# 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: \_\_\_\_\_

\_\_\_\_\_