

Lifestyle Goal Worksheet

Date _____ Name _____

1. Activity and Exercise

My intermediate activity and exercise goals:

A _____

B _____

C _____

How I plan to get there:

To increase my lifestyle activity by _____ minutes per day, I will:

To increase my structured activity, I will:

_____ minutes _____ times per week

_____ minutes _____ times per week

_____ minutes _____ times per week

_____ minutes _____ times per week

2. Weight and Eating Habits:

My target weight is: _____.

In 4 weeks, I would like to weigh _____.

In 8 weeks, I would like to weigh _____.

In 12 weeks, I would like to weigh _____.

To eat healthier and achieve a more reasonable weight, I will:

Add _____ When _____

Add _____ When _____

Add _____ When _____

Add _____ When _____

Substitute _____ For _____
Substitute _____ For _____
Substitute _____ For _____
Substitute _____ For _____

Limit _____ To _____
Limit _____ To _____
Limit _____ To _____
Limit _____ To _____

3. Stress Busters:

My overall level of stress is:

1 2 3 4 5 6 7 8 9
Minimal Maximal

To better manage stress, I can:

A _____ When _____
B _____ When _____
C _____ When _____

4. Counseling and Support:

I plan to meet with my lifestyle and weight management consultant:

_____ Individually _____ times per month
_____ Group _____ times per month

Anticipated absences _____

Other people I can ask for support:

Who? _____ Can help how? _____
Who? _____ Can help how? _____
Who? _____ Can help how? _____

5. Additional Goals (sleep, smoking, etc.):

A _____ When _____
B _____ When _____
C _____ When _____
D _____ When _____
E _____ When _____

6. Potential Obstacles and Solutions:

Obstacle	Solution
_____	_____
_____	_____
_____	_____
_____	_____

7. Evaluation of Goals:

We plan to review these goals in _____ weeks on _____.

Client _____

Lifestyle and Weight Management Consultant _____

Attainment of Goals

Goals Achieved:

Date	Goal
_____	_____
_____	_____
_____	_____
_____	_____

Additional Goals:

