

my health & wellbeing goals

Goal #1 _____

STEPS I NEED TO TAKE TO ACHIEVE MY GOAL:

1. _____
2. _____
3. _____
4. _____
5. _____

DATE TO ACHIEVE BY:

Goal #2 _____

STEPS I NEED TO TAKE TO ACHIEVE MY GOAL:

1. _____
2. _____
3. _____
4. _____
5. _____

DATE TO ACHIEVE BY:

Goal #3 _____

STEPS I NEED TO TAKE TO ACHIEVE MY GOAL:

1. _____
2. _____
3. _____
4. _____
5. _____

DATE TO ACHIEVE BY:

