

# Be Well Smart Goal Sheet

Weight \_\_\_\_\_

Week \_\_\_\_\_

Day of the week:									Total
<b>Fruit and Vegetables:</b> High in fiber and nutrient dense. The recommendation is 5 or more servings a day, but strive for at least 7. <i>Log the number of F/V consumed each day.</i>									
<b>Physical Activity:</b> Work towards burning at least 2,000 physical activity calories per week. <i>Log your physical activity calories burned each day.</i>									

## This week I want to:

**What?** (specification)

**How much?** (time, distance and amount)

**How often?** (how many times)

**When?** (what time of day or which days of the week)

**My confidence level:** On a scale of 1-10, how confident are you that you will complete your entire action plan?

(Circle)    1    2    3    4    5    6    7    8    9    10

### Tips for success:

- Action planning breaks down a goal into more doable pieces and is a tool that should be used on a weekly basis. Example: I will walk (what), 30 minutes (how much), two times (how often) Tuesday and Thursday (when)
- Make sure your action is achievable and something you can accomplish this week.
- Modify your plan if your confidence level is less than 7.
- Remember that small consistent steps can result in big change!