

# healthy goals for the week:

the health goal sheet

<b>food:</b>	<b>food:</b>	<b>food:</b>	<b>food:</b>	<b>food:</b>	<b>food:</b>	<b>food:</b>	achieved? ____ food goals for the week:
breakfast	breakfast	breakfast	breakfast	breakfast	breakfast	breakfast	
lunch	lunch	lunch	lunch	lunch	lunch	lunch	
dinner	dinner	dinner	dinner	dinner	dinner	dinner	
snack	snack	snack	snack	snack	snack	snack	
<b>fitness:</b>	<b>fitness:</b>	<b>fitness:</b>	<b>fitness:</b>	<b>fitness:</b>	<b>fitness:</b>	<b>fitness:</b>	achieved? ____ fitness goals for the week:
<b>rest:</b>	<b>rest:</b>	<b>rest:</b>	<b>rest:</b>	<b>rest:</b>	<b>rest:</b>	<b>rest:</b>	achieved? ____ rest goals for the week:
<b>attitude:</b>	<b>attitude:</b>	<b>attitude:</b>	<b>attitude:</b>	<b>attitude:</b>	<b>attitude:</b>	<b>attitude:</b>	achieved? ____ rest goals for the week:
							achieved? ____ "tiny changes are easier to make and have a better chance of sticking long term."
<b>mo</b>	<b>tu</b>	<b>we</b>	<b>th</b>	<b>fr</b>	<b>sa</b>	<b>su</b>	