My Health Goal

One way I want to improve my health is (example: take my medicine):

_____________________________________________________________________________

My goal for this week is (example: take my medicine the way the doctor prescribed):

_____________________________________________________________________________

When I will do it (example: every day): __________________________________________

Where I will do it (example: in the bathroom after I brush my teeth): ______________________

How often I will do it (example: once a day as prescribed): __________________________

What might get in the way of my plan (example: I may forget):

_____________________________________________________________________________

What I can do about it (example: put my pill box next to my toothbrush to remind me):

_____________________________________________________________________________

How confident am I that I can reach this goal: circle one*

<table>
<thead>
<tr>
<th></th>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
<th>10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not at all</td>
<td>A little</td>
<td>50/50</td>
<td>Very</td>
<td>Totally confident</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Follow-up plan (how and when): __________________________________________________________

* Continue working on confidence in reaching goal until at least an ‘8’.
My Health Goal

One way I want to improve my health is (example: take my medicine):

_____________________________________________________________________

My goal for this week is (example: take my medicine the way the doctor prescribed):

_____________________________________________________________________

When I will do it (example: every day): _________________________________

Where I will do it (example: in the bathroom after I brush my teeth): _______________________

How often I will do it (example: once a day as prescribed): _______________________

What might get in the way of my plan (example: I may forget):

_____________________________________________________________________

What I can do about it (example: put my pill box next to my toothbrush to remind me):

_____________________________________________________________________

How confident am I that I can reach this goal: circle one*

<table>
<thead>
<tr>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
<th>10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not at all</td>
<td>A little</td>
<td>50/50</td>
<td>Very</td>
<td>Totally confident</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Follow-up plan (how and when):

_____________________________________________________________________

* Continue working on confidence in reaching goal until at least an ‘8’.