

# HEALTH COMMITMENT: GOAL TEMPLATE

LOOKING FOR MORE? AS AN OPTIONAL EXERCISE, TRY MAKING A PERSONAL WELLNESS GOAL TO STAY ON TRACK!

You want to stay in control of your health but often you get focused on other things and your own personal health gets pushed to the side. It takes work to achieve good health and your first priority is to be honest with yourself as to where your health is at the present moment, where you want to be, and what you need to do to reach your goals. Use the worksheet below to help outline your personal health goal:

## Tips for Reaching Your Health Goal

- Find out what your motivation is. Are you doing it to please someone else or for yourself?
- Stick with it. It takes about a month to form a habit.
- Don't wait. The longer you delay, the longer it will take to reach your goals.
- Start with one small change. If you try to make too many changes at once, you will be overwhelmed, and it will be easier to give up.
- Don't beat yourself up if you don't get it right the first time. Just get up and try again.
- Surround yourself with people that support you and your goals.

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## Well-U Personal Health Goal Contract

Based on an awareness of my present health status, I, \_\_\_\_\_, have decided to set the following personal health goal by the following date, \_\_\_\_\_.

My health improvement goal is: \_\_\_\_\_

The ways that I will accomplish this health improvement goal are: \_\_\_\_\_

The advantages to me for achieving this goal are: \_\_\_\_\_

The difficulties for me in doing this are: \_\_\_\_\_

The ways that I will overcome my difficulties in order to reach my goal are: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

