

MY PERSONAL HEALTH GOALS WORKSHEET

Name: _____

Date: _____

Clinician/Support Person (if applicable):

Step 1: What matters most to me right now?

1

Q3- Is this goal realistic for me right now?

Yes ☐ No ☐

If no- What might I need to change?

Q3

Step 2: Set a SMART Goal:

Pick one goal that feels most important or meaningful. Use the prompts to make it SMART

Q1-What do I want to achieve?

Q1

Q4-Why is this goal important to me?

Q4

Q2-How will I know when i've achieved it?

Q2

Q5-When do I want to achieve this by?

Q5

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Step 3: What could get in the way

(Check or write in anything that could make this goal hard)

- ☐ Time
- ☐ Energy or motivation
- ☐ Pain or illness
- ☐ Family/work commitments
- ☐ Not sure what to do
- ☐ Other: _____

Step 4: My plan to get around barriers

(What will help me succeed? Who can support me?)

4

Step 5: How will I check my progress?

Check-in date: _____

How will I track it? (e.g., notes, app, calendar, talking to someone)

5

Clinician/ Support Notes (if used in session):