

Goal setting template

Goal:

What is your goal, and is it short- or long-term?

short-term

long-term

Strategy:

How are you going to achieve it?

Advice from my doctor:

Action Plan:

What steps do you need to complete?

Motivation:

Why does achieving this goal matter to you?

Any blockers:

Is there anything that could stop you from achieving this goal? Have you asked your doctor's advice?

Start Date:

Due Date: