

# Weight loss/Fitness

# 6 Month

## Goal Setting Worksheet



### End Goal

Weight:

Food:

Exercise:

\*Be specific. How much do you want to weigh, what foods do you wish to be eating, what exercise goals do you want to accomplish? (ex: run a marathon, exercise at least 30 min a day, no sugar, eat fruits and veggies)

### 5 month Goals:

Weight:

Food:

Exercise:

\*Be specific.

#### Check Point:

Weight:

Food:

Exercise:

\*Succeeding or Needs Work

#### Check Point:

Weight:

Food:

Exercise:

\*Succeeding or Needs Work

### 4 month Goals:

Weight:

Food:

Exercise:

\*Be specific.

### 3 month Goals:

Weight:

Food:

Exercise:

\*Be specific.

### 2 month Goals:

Weight:

Food:

Exercise:

\*Be specific.

### 1 month Goals:

Weight:

Food:

Exercise:

\*Be specific.

#### Check Point:

Weight:

Food:

Exercise:

\*Succeeding or Needs Work

#### Check Point:

Weight:

Food:

Exercise:

\*Succeeding or Needs Work

#### Check Point:

Weight:

Food:

Exercise:

\*Succeeding or Needs Work

### Rewards:

\*Reward yourself at each checkpoint if you are Succeeding at 2 or more goals! Be creative (Ex: Eat out, favorite dessert, manicure, hair cut, new outfit, etc)

Month 1 Reward:

Month 2 Reward:

Month 3 Reward:

Month 4 Reward:

Month 5 Reward:

End Goal Reward: