

My Three Month Goals



Name: _____

Beginning date: _____ Goal Date: _____

Make your goals **SMART**: **S**pecific, **M**easurable, **A**ttainable, **R**easonable, **T**ime-bound

Category	Goal
Nutrition	I am
Fitness	I am
Stress Management	I am
Health	I am

My Weekly Goals

Goal	Comments
Nutrition: I will	
Fitness: I will	
Stress Management: I will	

My affirmation to help me remember my goals is:

An example is: I make wise choices daily to be as healthy and happy as possible!



© Health & Harmony Wellness Coaching ~ Lynell Ross ~ www.LynellRoss.com