Goal Setting Sheet

GOA	L									
Му д	oal/the	change	e I want	t to mak	e is					
	•••••			•••••	•••••		•••••		•••••	
				_						
This	week/m	onth I	will (W	HAT? e.	g. walk)				
•••••		••••••			•••••		•••••	•••••	•••••	••••••
•••••	••••••	••••••			•••••	••••••	•••••	••••••	•••••	
IMPC	ORTANC	:E	••••••		•••••		••••••		•	
How	importa	ant is th	nis to yo	ou? (Ple	ase circ	le. If le	ss than	7 start o	over)	
	1	2	3	4	5	6	7	8	9	10
1= nc	ot impor	tant								10= very important
How	much?	(e.g. 15	5 minut	es)						
Whe	n (e.g. b	efore l	unch)	•••		•••••			•••••	
How	many d	ays? (e	e.g. on 3	B days)	•••••	•••••			••••••	
CONI	FIDENCE	Ē								
How	confide	nt are	you tha	it you w	ill be al	ole to ac	chieve i	t? (Pleas	se circle	e, if less than 7 start ove
	1	2	3	4	5	6	7	8	9	10
1= nc	ot confid	lence								10= very confident
FOLL	OW UP									
l wou	ıld like t	his goa	al to be	followe	d up by	/				
Via: 1	Telepho	ne YES	/NO	Follo	w-up a	ppoint	ment Yl	ES/NO	In gr	oup YES/NO
In (pl	ease cir	cle)								
1 we	week 2 weeks		3 we	3 weeks		4 weeks		onths	3 months	
Follo	w up in	the we	ek begi	inning						
Follo	w up no	tes								