

# 2019 -20 Goal Setting Worksheet



## July 2019

### Directions

Use this worksheet to help outline your health goals and your plans to achieve them for the 2019 - 2020 year. Once you complete the worksheet below, turn in one copy to the Well@Work team for 1 point in the Monthly Challenge category and keep one copy for your records. Display your copy in a place that you will see often – on your refrigerator, bedroom mirror, or desk at work. Make a regular habit of reviewing your goals and you will be able to achieve them.



The Monthly Challenge for May 2020 will be an opportunity for you to report on your steps toward achieving your goal. If you need any help completing this worksheet, contact the Well@Work Team. That's what we're here for!

**GOAL SETTING FOR:** \_\_\_\_\_, \_\_\_\_\_  
(Your name here) (Date)

### GOAL SETTING

What health goal do you want to achieve this year?

*Be SMART (Specific, Measurable, Attainable, Realistic, & Timely).*

*Example: I will lose 25 pounds by June 30, 2020.*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### OBJECTIVE SETTING

List 5 objectives that will help you reach your goal.

*Set objectives that will help you achieve your overall goal. For example, if your goal is to lose 25 pounds, your objectives could include working out 5 days a week, eating 1500 calories a day, and cutting out sugar-sweetened beverages.*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

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## OVERCOMING BARRIERS

What barriers might you face in trying to achieve this goal?

What steps can you take to overcome these barriers?

*Examples: Block your schedule at noon every day for a walk;  
Pack your lunch to ensure you are eating something healthy*

Who can help you overcome these barriers?

*List family members, friends, coworkers, or church and community members  
who can help you to overcome obstacles to achieve your goal.*

## REWARDS

How will you reward yourself for achieving your objectives?

Name: \_\_\_\_\_

Department: \_\_\_\_\_

Turn in your completed log through interdepartmental  
mail to **Jenifer Pressley** at the **Cullowhee Recreation Center**  
by **August 9, 2019**.

