

2019 - 20 Results of Goal Setting



May 2020

Directions

Use this worksheet as a follow up to the Goal Setting Worksheet from July 2019. This is an opportunity for you to report on all the hard work that you completed in efforts to achieve the goal you set forth for yourself. Turn in a copy of these results to the Well@Work Team for 1 point towards the Monthly Challenges.



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)

What health goal did you set for yourself in July 2019?

Did you achieve your goal? **YES** **NOT YET**

Complete the chart by listing the steps you took each month towards achieving your goal.

MONTH	ACTION STEPS
Jul	
Aug	
Sep	
Oct	
Nov	

2019 - 20 Results of Goal Setting

MONTH	ACTION STEPS
Dec	
Jan	
Feb	
Mar	
Apr	
May	
Jun	

Did you face any barriers in trying to achieve your goal? If so, how did you overcome them?

Turn in your completed log to **Jenifer Pressley** at the **Cullowhee Recreation Center** via interoffice mail. Your log is due by **June 1, 2020**.