

Setting 2019 Wellness Goals Worksheet

SMART Goals: Specific—Measurable—Action-oriented—Realistic—Time Bound

Physiological Goals — *body weight, glucose, A1c, HDL cholesterol, triglycerides, blood pressure:

Current weight: _____ Goal: _____ By: _____

Current glucose: _____ Goal: _____ By: _____

Current A1c: _____ Goal: _____ By: _____

Current HDL: _____ Goal: _____ By: _____

Current _____ Goal: _____ By: _____

#1 **Fitness Activity** Goal: _____

I will (action): _____

By: _____ Instead of: _____ I will: _____

When I: _____ I get: _____

#1 **Nutrition** Goal: _____

I will (action): _____

By: _____ Instead of: _____ I will: _____

When I: _____ I get: _____

#1 **Stress & Additional** Goals—sleep, relationship, school, community, church, work, leadership skills, etc.

By: _____ Instead of stressing about: _____ I will: _____

By: _____ I will: _____

By: _____ I will: _____

For Accountability Coaching photocopy, text or email a picture of your results to coach Jeff @

918.857.8600 or jeff@coachjeffswellness.com

Name:

Phone:

S.M.A.R.T Goals — Creating Healthier Habits with Rewards

Instead of (an obstacle).....I will (act).....When I (execute).....I get (a reward).....

☐ Coach Jeff Example:

{Instead of} *eating skittles or jelly beans during the week*, {I will} *eat only nuts and dark chocolate for snacks* AND {When I} *go Monday-Friday without candy* {I get} *a bag of skittles on Saturday.*

***Goal → Repetition (Process) → Pattern (System) → Automatic Behavior!**

{Instead of} *eating ice cream after dinner*, {I will} *enjoy 1-2 fresh mints*

{When I} *go 5 nights with mints only*, {I get} *bowl of my favorite ice cream at Braums*

{Instead of} *binge watching Netflix shows at night*, {I will} *go for a 2 mile walk first!*

{When I} *walk 4x/week @ 2 miles each*, {I get} *a full day of Netflix binging*

S.M.A.R.T – SPECIFIC...MEASURABLE...ACTION...REALISTIC...TIME BOUND

***EXAMPLE OF PREPARING FOR NEW GOALS:**

1. I currently weigh 218 (measurable).
 - **By May 1st I will weigh under 200 lbs. by making time to exercise 4 days/week combining cardiovascular and strength training together using bike, elliptical, yoga and free weights—** (specific action, time bound, realistic).
2. I confess to eating fast food more than 4x/week! (breakfast, lunch or dinner—measurable).
 - **By Jan. 2nd I will start visiting the grocery store at least 2x weekly, and spend at least 15 minutes/ day preparing to take nut mix, appropriate fruit and other snacks with me when I leave the house** (specific action, time bound, realistic).
3. My current A1c is 7.1 (measurable).
 - **By October of 2019 my A1c will be under 6. by restricting my net carbs to under 50 net gams/day, 5 days/week—**(specific action, time bound, realistic)



Rough drafting goals page. Use this page to get started defining your top priority goals

1} Goal: to exercise 4x weekly **S...M..A...R...T = Smart...Measurable...Action...Realistic...Time-bound**

By: 2-1-2019

Instead of: coming home and lying on couch, making excuses, spending too much time on social media, watching netflix, playing video games, complaining it hurts, or "I don't know what to do, etc.

I will: GET UP and move!! by scheduling my workouts every Sunday night for the week, doing 30 min. of cardio, yoga, and 20 minutes of resistance training.

When I: exercise at least 4x during the week

I get: bowl of ice cream, or netflix binge, or new book....

2} Goal:

By:

Instead of:

I will:

When I:

I get:

3} Goal:

By:

Instead of:

I will:

When I:

I get:

4} Goal:

By:

Instead of:

I will:

When I:

I get: