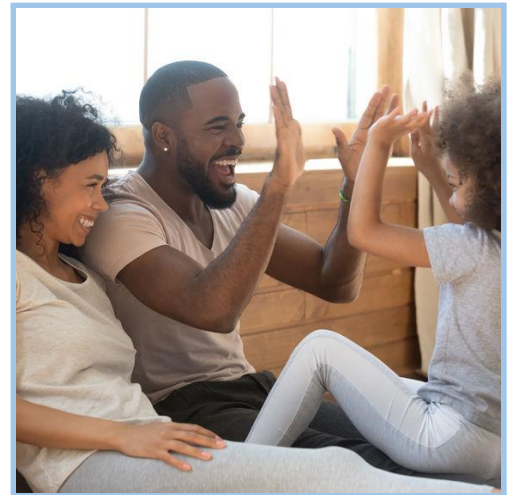




# Wellness on the Run: Goal Setting for Healthy Habit Change

## Key Takeaways:

1. **Find your “why”** – Take time to reflect on your motivation and “why” for making healthy changes. Write this down where you will see it.
2. **SMART Goals** – Goals should be Specific, Measurable, Attainable, Realistic, and Time limited.
3. **Focus on the little things** – While your long term goals are important, take time to set 3-5 small, short term goals to start your process.
4. **Example goals:**
  - a. Lose 5 lb in the next 30 days.
  - b. Drink a full glass of water first thing every morning for the next 2 weeks.
  - c. Include 1 vegetable at lunch every day this week.



5. **Set your own** – Use the space below to set 3-5 habit-based mini goals for the next month.

Refer back to your goals in a couple of weeks to make sure you are on track. Check again after a month to celebrate successes and reevaluate for next month.

<b>My Why:</b>	
<b>Goal 1</b>	
<b>Goal 2</b>	
<b>Goal 3</b>	
<b>Goal 4</b>	





<b>Goal 5</b>	
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