

Chart Your Progress

Use this chart to set your goals for each day/week. Be realistic and start with just one attainable goal and then increase your goals as you reach each one.

Have a calendar that you will see every day when you wake up and before you go to bed.

Write on the calendar what you want to accomplish that day. When you accomplish it for the day, put a sticker or check mark in that square. Try to accomplish more goals each week.

Week 1 – Set 2 goals

Week 2 – Set 2 additional goals

Week 3 – Set 2 additional goals

Week 4 – Review past 3 weeks. Look at what you *have* accomplished and how far you've come. If you haven't reached your goals, restart and renew your determination to regain your health.

Week 5 and beyond – Set additional goals, review how far you've come and keep moving forward.

Use?????Score for each week:

7 YES! = You are a super star and well on your way to being healthy after 55

5-6 YES! = You are moving forward and making the effort

3-4 YES! = It's time to try harder and accept the challenge of being healthy after 55

0-2 YES! = Evaluate why it is difficult for you to follow these simple guidelines and resolve to do better next week