



Adjust your Health Goals

Initial Goal	Adjusted Goal
Run 3 miles each day.	Fast-walk 3 miles each day.
Use the treadmill 7 times each week.	Use the treadmill 5 times each week.
Do 100 pushups each day, 7 days a week.	Do 20 pushups each day for 7 days a week.
Do not eat red meat for the entire month.	Eat small portion of red meat once each week.
Drink only water, all the time even if you want other beverages and sodas.	Drink a beverage other than water only once during the entire week.
Stretch 15 minutes each day.	Stretch for 10 minutes each day.
Go walking 30 minutes each day.	Go walking 20 minutes each day.
Eat 30 servings of vegetables each week.	Eat 20 servings of vegetables each week.
Cut fried foods completely for a month.	Eat fried foods just twice during the entire month.
Do not eat any sweets for the entire week.	Eat sweets just 1 time for the entire week, like a doughnut or a cupcake.

...just don't give up on them completely! Make bigger adjustments and increase time/effort with time.