

Instructions for Using the Goals Chart

A. The Goals Chart has several important functions.

- 1. It acts like the hub of your health plan, like the hub of a wheel.
- 2. It keeps your health goals visible.
- 3. It keeps your brain actively thinking about making healthy choices. This is really important because CHANGE STARTS IN THE BRAIN!
- 4. Marking on the Goals Chart makes you accountable for your actions or lack of action.
- 5. Over time, you will see healthy (and maybe unhealthy) patterns emerge on the Goals Chart.
- 6. Individuals who monitor new health habits on a Goals Chart are significantly more successful at changing unhealthy habits into healthy ones.

B. Setting up the Goals Chart.

- 1. Write health goals (new health habits) you would like to work on in the blank spaces of your Goals Chart. You should start with 1 to 4 goals. If you are choosing to start with big habit changes, only write 1 or 2 goals to start with. If you decide to start with small habit changes, you can write up to 4 goals on your chart (i.e. like taking a multivitamin every day or going to bed an hour earlier).
- 2. Decide how many days of the week you will try to accomplish these new health goals. When beginning a new health habit, it is realistic to shoot for 3 to 4 days a week. In three weeks when you flip to the next page on the goals chart, increase the number of days per week you will be accomplishing these goals. Aim to accomplish a goal 6 days of the week.
- 3. Next, fill in the blank date boxes with days of the current month.
- 4. That's it. Your Goals Chart is ready for action. Place it where you will frequently see it.

C. Use your Goals Chart every day.

- 1. Monitor daily accomplishments. Each day, usually in the evening, put a positive mark (or a sticker) by each healthy habit that you accomplished that day. This reinforces your new health habit.
- 2. If you didn't accomplish 1 or more of your goals for that day, leave the space blank for the unaccomplished goal for that day. Take a minute to think about why things didn't work out that day and plan for the next day.
- 3. Measure weekly success. At the end of each week, count how many days that week you accomplished each health goal. Don't expect perfection right away. Look for improvements in accomplishing goals as the weeks add up.

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Habit change is a journey. It is not a race. It is not a competition. It is about one individual doing their best. It is about being committed to a plan. It is about being determined to finish what you started. It is about enjoying each day of the journey and arriving successfully at your destination.

GOOD JOB! WAY TO GO! KEEP UP THE GOOD WORK!

Write your current health habits you have been working on below. Choose another health habit to begin working on and write it in the next available space.

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IT MAY BE TIME TO STOP MONITORING THE HEALTH HABIT THAT YOU ADDED DURING WEEK 7 IF this habit has become an automatic habit for you. If it does not feel like an automatic habit, keep following it on the Goals Chart. For the next 6 weeks you will continue working on the new health habits you have chosen until they all become automatic habits. Week Week **DATE** 3. 6. 8. The most successful people in the world are not always the **MEASUREMENTS POSITIVE AFFIRMATION** smartest or the most talented. However, successful people Date: _____ are VERY determined and persistent. I crave whole natural food. Weight: _____ Be determined to be persistent and you will be successful!! Waist:

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Each day is a new day with new possibilities. Take one day at time and enjoy the journey!											MEASUREMENTS Date: Weight:									