

# MY LIFESTYLE MEDICINE PROGRAM

THEHEALTHCOACHCLINIC.COM

## INSTRUCTION GUIDE

FIRST Jane

LAST Doe

DATE 01/01/2021

### MY SMART GOAL:

SMART goals are specific, measurable, attainable, relevant, and time-bound. Think about what you want, when you want it, and how you're going to get it.

### MY GOAL IS IMPORTANT TO ME BECAUSE:

Remember why this goal is important to you? Write it down here and reflect on your overall journey with this goal.

### MY STRENGTHS:

What are you good at? Make a list of things you know you excel at here and no need to be shy about it; this is just for you and your health coach.

### MY VALUES RELATED TO THIS GOAL ARE:

Recall the ideals that inform your behaviors. Examples could be: patience, understanding, love, discipline, adventurousness, etc.

### MY SHORT-TERM HEALTH OBJECTIVES:

How close are you to your goal in 6-8 weeks? What does your health and well-being look like? Describe your vision of health 2-3 months from now.

### MY LONG-TERM HEALTH OBJECTIVES:

How about 8-12 months from now? Describe how you will be after a year of working toward your goal each day. How do you feel? What are you most proud of? Which barriers have you worked passed? Which emotions can you identify?

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