



A good plan includes short term goals and long term goals that will help you to be in the best health possible.

Short term goals are changes that you plan to make in your life habits within the next weeks or months.

Long term goals are changes you hope to add to your lifestyle within the next few years.

All of us have bad days or times in our life when we get off track and fall away from our healthy living ideals. It is very important to have a back-up plan that will help you get back on track with your goals.

Back-up plans are do-able actions that will help you to get out of the rut of bad habits (and sometimes that rut can be very deep!). Your back-up plan should be ideas or suggested actions that are realistic for you and will nudge or maybe push you to make positive changes that are needed.

To assist you with creating goals complete the sentences below for each category:

Healthy Living Goals

- A. Short Term Goals – What could you do in the next few weeks?
- B. Long Term Goals – What could you work toward doing next year or the years following that?
- C. Back-up Plan – What could you do to help you get back on your plan if you fall away from it?

Example:

To improve my eating habits for maximum health, I will . . .

- A. Short Term Goal: *'Eat some carrots or an apple for an afternoon snack instead of a cookie or a chocolate bar three days a week.'*
- B. Long Term Goal: *'Add more vegetables and fruit to my daily diet.'*
- C. Back-up Plan: *'Create a journal of my daily diet that shows exactly how many servings of vegetables and fruits are in my diet.'*

To improve my eating habits for maximum health, I will . . .

A. Short Term Goal: _____

B. Long Term Goal: _____

C. Back-up Plan: _____

To increase my time spent on physical activity, I will . . .

A. Short Term Goal: _____

B. Long Term Goal: _____

C. Back-up Plan: _____

To have a healthy body weight, I will . . .

A. Short Term Goal: _____

B. Long Term Goal: _____

C. Back-up Plan: _____

To avoid tobacco use, I will . . .

A. Short Term Goal: _____

B. Long Term Goal: _____

C. Back-up Plan: _____

To protect myself from overexposure to the sun, I will . . .

A. Short Term Goal: _____

B. Long Term Goal: _____

C. Back-up Plan: _____