

Setting Your Health and Body Goals Checklist

Use this handy checklist to help you set your health and body goals.

Assessing Where You Are

- I've assessed my health and know where I am starting from so I can track my success.
- I have tools, apps and resources to help me keep track of my progress
- I have spoken to my doctor or another health professional about my ideas and have been given the okay to begin.

Deciding Where You Want to Be

- I've selected my overall goal. It is achievable and realistic.
- I've broken my large goal into sub-sections with smaller goals
- I've taken those sub-sections and broken them into steps I will need to take each day in order to reach my overall goal.
- I have set a timeline of when I will reach my overall goal as well as my smaller goals

Planning How You're Going to Get There

- I understand being organized is a part of my overall success. I have everything planned out in detail
- Each goal, big and small and each step I plan to take is realistic and achievable by me.
- I have a set schedule and plan to stick to it so it becomes habit
- I've selected the technologies I need to help me achieve my goals
- I know having fun is vital to success and have worked it into my plan.
- I know how I'm going to handle the negative, naysayers in my life.

Change Your Perspective

- I understand this is a lifestyle change not a time limited event.
- I plan to learn everything I can about this new way of life and how it affects every aspect of my life.
- I love myself and will continue to tell myself this each and every day

- I have thought about ways to turn negatives into positives
- I plan to take time out of each day to find some quiet time to reflect on my progress

Develop Accountability & Motivation

- I have found a mentor, coach, or partner to work with.
- I have found some online groups to help me along my journey
- I have a few close friends/family members who are willing to support me
- I have a notebook set aside to write down my thoughts, struggles, successes, trials and errors along the way.
- I have created visual cues to keep me motivated
- If necessary, I have alarms I can see to keep me on track
- I've found some self-motivation strategies that will work for me

Take Pride in Your Accomplishments

- I have some non-food rewards planned
- My rewards will be specifically for me to enjoy
- I will take photos and document my successes