

Vision, and 3 Month Goals Instruction

First write a **VISION** of what you wish to be like, what you want to change or accomplish, how you want to feel and why. Example: My vision is that I maintain healthy weight, exercise regularly, eat healthy food and feel less stressed so I can enjoy the time I spend with my family.

A **MOTIVATOR** is a description of what is important to your personal life that will motivate you and strengthen your commitment to your vision during the program. Example: My primary motivator is to maintain my health and quality of life.

An **OBSTACLE** is an event or circumstance that may hinder you in achieving your goal. Example: My main obstacle is that in times of high stress I tend to eat sugary snacks and get off track in my plan to lose weight.

A **STRATEGY** is the method you will use to overcome obstacles.. Example: My strategy to overcome my obstacle is to replace mindless eating by taking a break from what I am doing and take a short walk, or take a few minutes for meditation.

Three Month Goals: Goals are tools that serve your Health Track vision. 3 months are long enough to make progress, experience benefits and establish what you want to be doing consistently for your health. Changes are difficult at first, so two week or shorter term goals provide specific small and achievable steps toward attaining the 3 months goals, as well as keeping on track. Three month goals may change depending on the progress in your two week goals.

SMART goals are Specific, Measurable, Action based, Realistic, Time related

Examples of 3 month goals:

I will do a cardio workout 3 days per week for 45-60 minutes.

I will eat 3-4 fruits 5 days each week.

I will meditate for 20 minutes 5 days each week.

Examples of 2 week goals:

I will walk 1 mile loop around the lake on MW morning.

I will take a lunch with 2 fruits to work 4 days each week

I will take a 10 min. break to meditate at 10 AM and 2 PM each work day