

Choose one healthy living goal you want to work on.

Manage Stress

Be Involved in  
your Health Care

Limit Alcohol

Strive for a  
Healthy Weight

Eat Wisely

Sleep Well

Get Recommended  
Screening Tests &  
Immunizations

Be Tobacco Free

Be Safe

Be Physically  
Active

Or write in your own healthy living goal:

Set a goal to work on and share with your health care team.

Remember to make it SMART - Specific, Measurable, Action-oriented, Realistic, Time-based.

My goal for next week is:

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Things that might get in my way:

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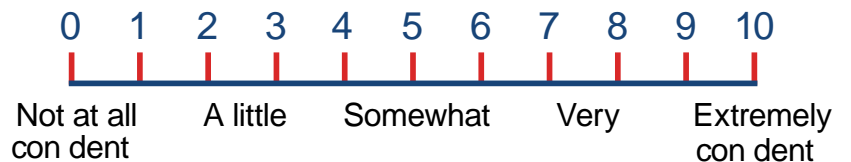
I can overcome these things by:

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Confidence in reaching my goal:  
Circle the number that matches how  
confident you feel.



Follow-up Date: \_\_\_\_\_

Follow-up Method:  Phone  In-person  Other

