

Choosing a Healthier You for Life

MY SUCCESSES

Write the skills you learned and goals you achieved under each section. How did this improve your life or the lives of your family and friends?

New skills learned or improved:

Goals reached:

How your life or the lives of others changed:

My 30-day Eat Smart and Move More goals:

My 6-month Eat Smart and Move More goals:

My 1-year Eat Smart and Move More goals:

My Lifetime Eat Smart and Move More goals:

Why are these goals important to me?

What I need to stay motivated:
