



Fit & Lean in 2014

4.9: Goal Setting Worksheet

My Primary Goal _____

In order to achieve this goal, I will complete the following mini-goals this week:

GOAL	TIMELINE/ DUE DATE	REWARD	COMPLETE
<i>e.g.: Drink 8 glasses of water/day for one week</i>	<i>Jan.8/14</i>	<i>New sports water bottle</i>	<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>

