Employee Wellness Solutions Network Natifies I Edited Lifestyle Filmes	Fit	&	Lean	in	2014
--	-----	---	------	----	------

6.3: 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
e.g.: Drink 8 glasses of water/day for one week	Jan.8/14	New sports water bottle	

©2013 Employee Wellness Solutions Network – Fit & Lean in 2014 – All Rights Reserved.