

Name: _____



June Weekly & Monthly Goal Tracking

Set monthly and weekly goals by adding them in the space provided.
Try using the SMART Goal framework to help you set a good foundation for success!

This month I will:

Example: Go on a 20 minute walk 3 times per week for the next 4 weeks.
Example: Fill half my dinner plate with vegetables 4 days per week for the next 4 weeks.

Week of (06/05 to 06/11)

- Ex: Go on a 20 minute walk on Monday, Wednesday, and Friday.
- Ex: Fill half my dinner plate with vegetables on Monday, Wednesday, Friday, and Sunday.

Week of (06/12 to 06/18)

- Ex: Go on a 20 minute walk on Tuesday, Friday, and Sunday.
- Ex: Fill half my dinner plate with vegetables on Tuesday, Friday, Saturday, and Sunday.

Week of (06/19 to 06/25)

- Ex: Go on a 20 minute walk on Monday, Thursday, and Sunday.
- Ex: Fill half my dinner plate with vegetables on Monday, Thursday, Friday, and Sunday.

Week of (06/26 to 07/02)

- Ex: Go on a 20 minute walk on Tuesday, Friday, and Sunday.
- Ex: Fill half my dinner plate with vegetables on Tuesday, Friday, Saturday, and Sunday.





SMART Goal Tracking

Fill out your weekly/monthly Goal Tracking sheet (on the back of this sheet) with goals related to healthy eating and/or living. Use the SMART Goals framework to help make the process easier! SMART stands for Specific, Measurable, Attainable, Relevant, and Time-based. Each element of the framework helps you create goals that are clear and trackable, as well as a strong foundation for achieving success.

- **S = Specific** | What will be accomplished? What do you want to do? Make your goals specific for better planning.
- **M = Measurable** | What will you use or reference to measure the goal?
- **A = Attainable** | Is the goal doable? Do you have the necessary skills and resources?
- **R = Relevant** | How does the goal align with your long-term goals?
- **T = Time-based** | What is the time frame for accomplishing the goal? Set a realistic end date to help motivate you!

source: indeed.com

Example of a SMART Goal:

"I will fill half my dinner plate with veggies 4 nights per week for 1 month."

This is an example of a SMART Goal because it is:

- **Specific** | What do you want to do? "Fill half my dinner plate with veggies."
- **Measurable** | Something you can measure - "4 nights per week"
- **Attainable** | A goal that is challenging but still something you can achieve.
- **Relevant** | A goal related to healthy eating and/or living.
- **Time-based** | Specific time frame - "for 1 month"

Remember to pick a reward for yourself for when you reach your goals. You earned it! Please pick a reward that is not related to food or eating.

