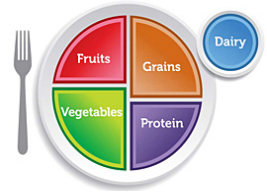


SETTING SMART GOALS



Specific (*Simple*)
 Measurable (*Motivating*)
 Achievable (*Attainable*)
 Realistic (*Relevant*)
 Time bound (*Time-based*)



Barriers Worksheet

Have you been able to attain your short term goal? If NO, what do you feel is stopping you? Let's work together to help you overcome the obstacles in your path.

Write down your goals, any barriers you think stand in your way, how confident you feel about tackling this, and what support you may need.

	Barriers	Ideas On How To Overcome This Barrier And What You May Need	Level Of Confidence That You Will Overcome This Barrier? (1-10 Scale)	Your Reasons For The Confidence Score? What Tools Might You Need To Raise Your Confidence Level?
Nutrition Goal				
Physical Activity Goal				
Healthy Habit Goal				