



✓ My Goals

Name: _____

Week commencing: _____

Goal Description	How will I achieve this goal?	Goal Term (Short, Medium, Long)	Achieved (tick when achieved)
			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>



For information on how to set realistic and achievable goals visit the
Healthy Weight Guide - www.healthyweight.health.gov.au