




Goal Tracker

It can be helpful to write down your health goals and list steps you can take to achieve those goals. **Ask yourself:** What do I think will **improve my days**? When have I **overcome** these **challenges** in the past—and **how**? If this worksheet does not meet your needs, create your own and share it with your clinician.

Below is an example.

Goal Tracker



Patient Name _____ **Date** _____

Health Goal
Walk for 20 minutes every day

Action Steps

1. Put walking shoes by the door
2. Have a walking buddy to call
3. Start a walking journal

Anticipated Benefits	Anticipated Challenges
<ol style="list-style-type: none">1. More energy2. Less shortness of breath3. Sleep better at night	<ol style="list-style-type: none">1. Bad weather2. Lack of motivation3. Too busy

Lessons Learned

1. Schedule this on my phone so I keep the time open; set a timer
2. Plan to go with a friend
3. Bring music if I walk by myself
4. I like being outside, head feels clearer





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Patient Name _____ **Date** _____

Health Goal _____

Action Steps

_____	_____
_____	_____

Anticipated Benefits

Anticipated Challenges

_____	_____
_____	_____
_____	_____

Lessons Learned

