PRESCRIPTION *for a* HEALTHY OAKLAND

GOAL SETTING

Throughout this program, we will ask you to set a series of goals to help work towards your overall health goals. This is for you to keep and track of your own progress.

Example

Example: Healthy Eating
Identify a goal: Eat more vegetables with meals.
Measure goal: Two daily meals three times a week
Time frame to accomplish goal: By July 20th, 2020.
Goal statement: I will include vegetables in at least two of my daily meals threes times a week. I will accomplish my goal by July 20th, 2020.

Goal Setting

This week I will:

How can I overcome my big obstacles:

How did I perform? Poor Ok Great

This week I will:

How can I overcome my by obstacles:

How did I perform? Poor Ok Great

This week I will:

How can I overcome my obstacles:

How did I do? Poor Ok Great

This week I will:

How can I overcome my obstacles:

How did I do? Poor Ok Great

This week I will:

How can I overcome my obstacles:

How did I do? Poor Ok Great

This week I will:

How can I overcome my obstacles:

How did I do? Poor Ok Great