



# WellFit Goals Worksheet

GOAL 1 \_\_\_\_\_

STEPS: \_\_\_\_\_

RESOURCES: \_\_\_\_\_

TIMELINE: \_\_\_\_\_

GOAL 2 \_\_\_\_\_

STEPS: \_\_\_\_\_

RESOURCES: \_\_\_\_\_

TIMELINE: \_\_\_\_\_

GOAL 3 \_\_\_\_\_

STEPS: \_\_\_\_\_

RESOURCES: \_\_\_\_\_

TIMELINE: \_\_\_\_\_

GOAL 4 \_\_\_\_\_

STEPS: \_\_\_\_\_

RESOURCES: \_\_\_\_\_

TIMELINE: \_\_\_\_\_

GOAL 5 \_\_\_\_\_

STEPS: \_\_\_\_\_

RESOURCES: \_\_\_\_\_

TIMELINE: \_\_\_\_\_

For each goal, write the steps you will take to achieve it and the resources required to accomplish the goal. Set a timeline for completion of the goal. Sign this contract, and post it where you can see it!

Signature \_\_\_\_\_

Date \_\_\_\_\_