

# Goal setting template

## Goal:

*What is your goal, and is it short- or long-term?*

*short-term*

*long-term*

## Strategy:

*How are you going to achieve it?*

*Advice from my doctor:*

## Action Plan:

*What steps do you need to complete?*

---

---

---

---

---

---

## Motivation:

*Why does achieving this goal matter to you?*

## Any blockers:

*Is there anything that could stop you from achieving this goal? Have you asked your doctor's advice?*

**Start Date:**

**Due Date:**