

My Goals for the Program

Name: _____

These are some ideas of goals that you may have as you start your health education and exercise classes. As you go through the classes, you may want to add new goals or change your old goals.

- 1. Help me learn new things
- 2. Make my body feel good
- 3. Make me hurt less
- 4. Help me get in shape
- 5. Improve my health
- 6. Make my blood pressure better
- 7. Make me lose/control my weight
- 8. Help me make healthier choices
- 9. Make me feel less tired
- 10. Make me feel happier
- 11. Help me meet new people
- 12. Make me look better
- 13. Lower my cholesterol level
- 14. Improve my strength
- 15. Improve my balance

Goals: _____

Steps that I will take to reach my goals: _____

