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.

<table>
<thead>
<tr>
<th>Patient Name</th>
<th>Date</th>
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**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**
1. More energy
2. Less shortness of breath
3. Sleep better at night

**Anticipated Challenges**
1. Bad weather
2. Lack of motivation
3. 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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**Health Goal**

**Action Steps**

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**Anticipated Benefits**

**Anticipated Challenges**

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**Lessons Learned**

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