

Monthly Goals for _____

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

Goals:																																								

- Example GOALS:
- | | |
|---|---|
| <input type="checkbox"/> all whole grains today | <input type="checkbox"/> sleep |
| <input type="checkbox"/> exercise | <input type="checkbox"/> medication |
| <input type="checkbox"/> wait 20 minutes at meals | <input type="checkbox"/> self-care |
| <input type="checkbox"/> water with meals | <input type="checkbox"/> stressmanagement |
| <input type="checkbox"/> no screen time at meals | <input type="checkbox"/> relationship |
| <input type="checkbox"/> homemade breakfast | <input type="checkbox"/> healthcare follow-up |
| <input type="checkbox"/> balanced snacks | <input type="checkbox"/> tobacco cessation |
| <input type="checkbox"/> fruit daily | |
| <input type="checkbox"/> vegetable daily | |