



MY Personal Wellness Adventure Goal Form (Bucket 3)



“My Goal, My Way!”

Welcome to Bucket 3 MY PERSONAL WELLNESS ADVENTURE! Here is where you create your own Personal Wellness Goal! Remember it must be a **Minimum of 6 weeks long**. Your goal is just that...your goal! Its personal, it's unique and you are in control of it! In this personal adventure you decide and write a goal that is specific to you! Here are just a few ideas/suggestions to get you thinking about what want to do for YOUR PERSONAL ADVENTURE: a nutrition goal, an emotional health goal, a weight goal or quit tobacco, maybe a daily step goal using your Fitbit or other tracking device, or etc. The sky is the limit, because it is **“Your Goal, Your Choice, and All Your Way” YOU Are In Control!!**

A great start to writing a goal is using the SMART way! It makes your goal Specific, Measurable, Achievable, Realistic and Time sensitive. Read on below for a more in depth look at the SMART Process.

Specific – What is it exactly that I would like to achieve? Describe your goal in as much detail as possible! The more you define it the better it will be!

Measurable – How will I know when I've got it? Put dates, times and places! This helps you know the process of your goal! It will help you stay on track, and you can see and feel your progress!!

Achievable/Attainable – This means that you can achieve your goal! It doesn't mean it will always be easy, instead it means you are creating something that is reasonable and yet pushes you to the end!

Realistic/Relevant – This means that this goal is really important to you and that it is something you would really, genuinely like to do and achieve. It helps you look at the possible and attainable?

Timed – You are giving your personal adventure a deadline! For this personal adventure it is a minimum of 6 weeks! You can keep going or create a new one or even add on to this one if you want! But 6 weeks is our Healthy U Minimum!

Get Ready...Get Set... Get Started: My Personal Adventure Wellness Goal Is:

(start writing below and flip the page if necessary)