



Clarifying Your Health Goals, Action Steps, and Being Accountable

Date _____ Name _____

Age _____ Gender _____

Health Goals List	+/-	Action Step	Time Line
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			

1. Fill in your current Health Goals.
2. Is this a behavior or change that will come into or leave the patient's life?
3. Action Steps-What are you planning to do to implement the health goal?
4. Is there a timeline you are setting to accomplish this goal that is reasonable and can offer accountability?