



Name: _____

Goal Posts

Directions: Read “Get Up and Go!” on page 12 of the September issue. Then, think of a goal that you have for the year. It can be an exercise, nutritional, or a personal goal. Using the chart below, fill in your goal, what steps you can take to reach your goal, and when you hope to achieve it. Keep a copy of this sheet with you as you follow the steps to achieve your goal. Fill in the dates that you complete each step.

What’s your goal?

Goal	Will be completed by:	Accomplished on:
Step 1	Will be completed by:	Accomplished on:
Step 2	Will be completed by:	Accomplished on:
Step 3	Will be completed by:	Accomplished on: