

Name:	
Date:	
Wellness Vision	
Activity and Exercise	
My intermediate activity	and exercise goals:
A	
B	
C	
How I plan to get there:	
To increase my lifestyle activity by	minutes per day I will:
To increase my structur	red activity I will:
•	minutes times per week
	minutes times per week
	minutes times per week
	minutes times per week

Weight and Eatin	a Habit	s:				
My target weight is:	5	_				
In 4 weeks I would like to v	weigh:					
In 8 weeks I would like to v						
In 12 weeks I would like to	0					
	O					
To eat healthier and	d achiev	e a more	reasona	ble weig	ht I will:	
Add		When				
Add		When				
Add						
Add						
Add		When				
Substitute		for				
Substitute						
Substitute						
Substitute						
Substitute						
Limit		to				
Limit		to				
Limit						
Limit		to				
Stress Busters						
My overall level of	stress is					
1 2 3	4	5	6	7	8	9
Minimal					Max	imal
To better manage s	tress I c	an·				
A						
А В						

Counseling support	rt		
I plan to meet with my Lifest		agement consultant	
individually		8	
	times per month		
	_ · · · · · · · · · · · · · · · · · · ·		
Anticipated absence	s <i>:</i>		
Other people I can a	sk for suppor	<i>t</i> •	
		Can help how?	
WIIO:		an neip now:	
Additional Goals (sle		•	
	when		—
Potential Obstacle	s and Solut	ions	
Obstacle	S	Solution	

Evaluati	on of Goals
We plan to e	valuate these goals in weeks on
Client	
Lifestyle and	Weight Management Consultant; Elizabeth Sherman
Attainm	ent of Goals
Goals ac	hieved
Date	Goal
Additiona	al Goals