

Goal Setting

It's important to have long and short-term goals to achieve your healthy life. What is your big goal in terms of lifestyle? It could be weight loss, controlling your diabetes, or adopting a Mediterranean-style diet.

Start small. Add one goal once a week and make sure you stick to it! Add another goal the next week and stick to both goal. Keep adding goals as you go!

Ultimate Goal: *Example: Have 8 to 9 points on the Mediterranean Diet every day.*

Week 1:

Week 2:

Week 3:

Week 4:

Week 5:
