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: ____________________________