



## Healthy Heart Challenge

# Goal planner

Use this template to help achieve your goals. Start by identifying your overall goal for the 10-week program, and then fill in your goals for each week as you proceed through the challenge.

Write down the changes you'd like to make to your lifestyle. Make the effort to use the provided templates as there is good evidence that people who write their goals down are more likely to achieve them.

**So go for it!**

### Long term goal

### Short term goals to achieve long term goal

(These short term goals should help you achieve your long term goal)

	Planned	Achieved
Week 1		
Week 2		
Week 3		
Week 4		
Week 5		
Week 6		
Week 7		
Week 8		
Week 9		
Week 10		



Presenting sponsor

Supporting sponsors

Providing sponsors

Media sponsor

Media partner



# Goal planner

## Healthy Heart Challenge

Build in rewards for your achievements each week. Make them appropriate to your achievement.

For example, if you're happy with how you've eaten during the week, don't make your reward a binge at the end of the week! Instead reward yourself with things like: going to a movie, having a massage or celebrate with friends.

Rewards (Plan rewards throughout your challenge to reward your progress)	Week of reward

Making changes to your lifestyle can take time and there may be setbacks along the way. To support your efforts, make sure you reward yourself in some way when you achieve a goal.

To help you do this, try and identify upfront what can help you reach your goals, what obstacles might stop you reaching your goal, and what you could do to overcome any setbacks.

**Things that will help me reach my goal are:**

**Obstacles I may face to reach my goal are:**

**Things I will do if I am not sticking to my plan:**