

Your journey

Before you set any goals, take some time to truly reflect on your health, and the steps you want to take to make some improvements.

Set small goals, one at a time: Make them specific, meaningful and relevant for you. Include a time frame for reaching each one. Small steps add up over time.

Write them down: Use this calendar to track daily activities that move you closer to reaching your goal.

Deal with setbacks: When you have a bad day, acknowledge slip-ups, then get right back on track. Plan how to overcome a similar roadblock in the future.

Share goals with friends or family: Ask someone to check in regularly for extra motivation and support.

