

Set Wellness Goals



- Your health is important – for you, your family, and your students! Set personal wellness goals to help you stay healthy, fit, and energized all year long! Put your goals in a place where you can see them every day. Ask co-workers, friends, family, or even your students to help keep you accountable for reaching your goals.

My Wellness Goals for the Year

My Nutrition Goals:

1. _____
2. _____
3. _____

What I will do to achieve my goals:

1. _____
2. _____
3. _____

My Physical Activity Goals:

1. _____
2. _____
3. _____

What I will do to achieve my goals:

1. _____
2. _____
3. _____

My Stress Reduction Goals:

1. _____
2. _____
3. _____

What I will do to achieve my goals:

1. _____
2. _____
3. _____

CanDo – Coalition for Activity and Nutrition to Defeat Obesity

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