



My Goals

In the **next month**, my goals are to:

1. _____
2. _____
3. _____

I'm going to work on these goals by:

1. _____
2. _____
3. _____

Barriers that I might encounter and how I will overcome each:

1. _____
2. _____
3. _____

Reward for reaching my goals: _____

Actual Date Accomplished: ____ / ____ / _____

In the **next 6 months**, my goals are to:

1. _____
2. _____
3. _____

I'm going to work on these goals by:

1. _____
2. _____

BROUGHT TO YOU BY

Hilton Head Health



14 VALENCIA ROAD HILTON HEAD ISLAND, SC 29928 // 800.292.2440 // HHHEALTH.COM



3. _____

Barriers that I might encounter and how I will overcome each:

1. _____

2. _____

3. _____

Reward for reaching my goals: _____

Actual Date Accomplished: ____ / ____ / _____

In the **next year or two**, my long-term goals are to:

1. _____

2. _____

3. _____

I'm going to work on these goals by:

1. _____

2. _____

3. _____

Barriers that I might encounter and how I will overcome each:

1. _____

2. _____

3. _____

Reward for reaching my goals: _____

Actual Date Accomplished: ____ / ____ / _____

By signing this contract I am indicating MY PERSONAL COMMITMENT TO REACHING MY GOALS

_____ DATE: ____ / ____ / _____

BROUGHT TO YOU BY

Hilton Head Health



14 VALENCIA ROAD HILTON HEAD ISLAND, SC 29928 // 800.292.2440 // HHHEALTH.COM