



## My Weekly Wellness Intentions Week of: \_\_\_\_\_

*This is a contract between you and yourself. Print out a few copies and place in key areas such as the refrigerator, and work desk or even make it the background on your phone so that you are constantly aware of your goals.*

### Set up 3 **specific**, **measurable** goals for this week:

Example: I will drink 3 liters of water a day, every day, for the next week.

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

Identify any potential **barriers** to completing your goals, and how you will overcome them: (ex. If you find it difficult to remember to drink water, set daily reminders to get your liters in)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Accountability (Give each day a ✓ if goal was accomplished)

Goal	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1							
2							
3							

Proud moment (s) of the week:

\_\_\_\_\_

Sign: \_\_\_\_\_ Date: \_\_\_\_\_