

# Goal Setting Worksheet for Physical Activities and Nutrition

Mentee name: [Enter mentee name]

Week: [Enter week]

Date: [Enter date]

## 1. Setting Your Physical Activity Goal

In the next 8-weeks, my main goal is to: (check all that apply)

* Lose weight (# of lbs: [Enter # of pounds]}
* Exercise more often
* Achieve the PALA+ (requires physical activity 1 hour per day, 5 days per week, for 8 weeks)
* Get more strength
* Get more energy
* Be more physically active
* Other: [Enter text]

## 2. Choosing Activities to Meet Your Goal

You should work with your mentor to choose the most appropriate physical activities for you.

1. **Write down specific physical activity goals you would like to achieve in the next 8 weeks.**

[Enter text]

1. **Which days of the week would I like to do my physical activity?** (check all days that apply)

* Monday
* Tuesday
* Wednesday
* Thursday
* Friday
* Saturday
* Sunday

1. **How much time will I spend to work on my goal on the days I selected?**

* 20 minutes
* 30 minutes
* 40 minutes
* 50 minutes
* 60 minutes
* Other: [Enter text]

## 3. Setting Your Nutrition Goal

In the next 8-weeks, my main goal is to: (check all that apply)

* Lose weight (# of lbs: [Enter # of pounds])
* Know how to make better eating choices
* Practice good eating choices at every meal or snack
* Other: [Enter text]

## 4. Choosing Healthy Nutritional Activities to Meet Your Goal

**A. Select at least four of the specific activities from the following list toward a healthy diet.**

* Eat smaller portions of foods
* Drink water as the key beverage and eliminate sweetened carbonated beverages
* Drink zero fat or low-fat milk
* Eat whole grain breads and cereal
* Include meats, poultry, and fish with no fat or hardly any fat
* Half of your luncheon or dinner plate should be vegetables
* Eat fruit at least twice each day
* Include at least once each day, beans, nuts, and eggs
* Avoid foods with saturated fats, trans-fats, cholesterol, salt and added sugar
* For snacks, eat vegetables and/or fruits with or without a smear of peanut butter or humus. No candy, potato chips, tortilla chips, or other fatty and salty snacks.
* Other recommendations by my mentor/parents/caretaker

**B. I agree to work on my nutrition goals each day for each of 8 weeks and to record my progress. I will report my weekly progress with my mentor, parents, or caretaker.**

* Yes, I agree.