

# MY GOALS

## My goal is to do more

- Physical activity  Mental activity  Social Activity  
 Healthy eating  Mental Wellbeing  Positive thinking

### Specific

*What changes will I be doing? e.g. exercising more, reading more, eating healthier*

### Measurable

*How will I measure this activity? eg. number of times, time I spend doing it*

### Achievable

*Is this action do-able given my health and circumstances?*

### Realistic

*Can I realistically do these activities? e.g. at home, in the park*

### Timed

*When and how often will I do this? e.g. every Monday and Wednesday, once a day in the morning*