

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Health Goals for You

 There are many ways to improve your overall health. Read through some suggestions on this list and check the health goals that are important to you right now.

- |                                      |                                    |
|--------------------------------------|------------------------------------|
| Quit using tobacco                   | Visit the dentist                  |
| Improve nutrition                    | Meditate                           |
| Improve sleep quality                | Spend quality time with loved ones |
| Exercise more                        | Stretch daily                      |
| Brush teeth twice a day              | Use less screen time               |
| Schedule a check-up with your doctor | Reduce or quit substance use       |
| Start self-care practices            | Drink more water                   |
| Floss daily                          | Enroll in counseling               |
| Manage your stress                   | Limit alcohol                      |
| Lower blood pressure                 |                                    |
| Eat more vegetables                  |                                    |
| Spend time outdoors                  |                                    |

 Now pick the top 5 health goals you would like to work on from the ones you circled and rank them here:

## Top 5

- 1.
- 2.
- 3.
- 4.
- 5.

 Select the goal you want to start working on first and make it a SMART goal by filling in each of the prompts below:

Goal: \_\_\_\_\_

Describe this goal using the SMART goal format.

What is your specific goal:

How will you measure your goal:

How will you know when you have achieved your goal:

How is your goal relevant to your health:

What is your timeline for completing your goal:

**Breathe**  
Healthy Steps to  
Living Tobacco Free



If you're ready to quit, call Quit Now Indiana at  
1-800-QUIT-NOW (1-800-784-8669)  
or log on to [equitnow.com](http://equitnow.com) for free, personalized support.