

Goal Planner

Think about a goal you would like to achieve.
Look back at the session you have completed and your [Food, Drink and Activity Diary](#) to help you decide your goal. Then complete the planner below:



What do I want to do?

What is my clear goal? (What? Where? When?)

Who or what can help me?

What might get in my way and what can I do about this?

How and when will I reward myself?

