



Based on what you recorded in your Wellness Wheel Goal Planner, use the bottom table to list **up to five goals*** you'll focus on this month. In the top chart, check off those days in which you took action on your goals. At the end of the month, record the total number of times you took action on each goal in the last column of the bottom table. ***The number of goals you decide to track is personal to you—remember that taking small steps can help make big goals more attainable.**

DAY OF MONTH	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
GOAL 1																															
GOAL 2																															
GOAL 3																															
GOAL 4																															
GOAL 5																															

WRITE THE WELLNESS WHEEL AREA THAT CORRESPONDS TO EACH GOAL.	LIST EACH GOAL, DESCRIBING WHAT YOU'LL DO.	HOW MANY TIMES THIS MONTH DO YOU PLAN TO DO THIS?	HOW MANY TIMES THIS MONTH DID YOU DO THIS?
	GOAL 1		
	GOAL 2		
	GOAL 3		
	GOAL 4		
	GOAL 5		