



MY GOAL SHEET: Making Lifestyle Changes that Stick

Changing your lifestyle takes a little planning. We made this goal sheet to help you make healthy changes to lower your blood pressure.

Please use this sheet when you talk with your coach. You may decide to use a pencil so you can change your ideas as you go along. Note that the examples listed below are only to help guide you through each section.

My Health Vision – *What I want to achieve with my health in 6-12 months*

Example: “I want to have more energy and avoid having to increase my blood pressure medications”

My Health Goals – *What lifestyle changes I need to make to meet my health vision*

Be specific. Example: “Nutrition: Eat less than 2000 mg of sodium each day”

You may need to change your health goals over time as you learn what it takes to get to your health vision.

Exercise: _____

Nutrition: _____

Other: _____

My Action Steps – *What I can do for the next two weeks to help me get to my health goals*

Decide which goal or goals you want to work on these next two weeks. You may talk this section through with your health coach or you may come up with ideas on your own.

Example: “Use an online food tracker to log my food 4 days this week to see how much sodium I am eating and which foods have the most sodium”

Barriers: What might stand in my way of my doing this?

Solutions: What are some things I can do to deal with what stands in my way?

The Action Steps I will take to lower my blood pressure

Call 1:

Action Step	Plan	
Check my blood pressure:		
	Barriers:	Solutions:
Lifestyle change:		
	Barriers:	Solutions:
Lifestyle change:		
	Barriers:	Solutions:

Call 2:

Action Step	Plan	
Check my blood pressure:		
	Barriers:	Solutions:
Lifestyle change:		
	Barriers:	Solutions:
Lifestyle change:		
	Barriers:	Solutions:

Call 3:

Action Step	Plan	
Check my blood pressure:		
	Barriers:	Solutions:
Lifestyle change:		
	Barriers:	Solutions:
Lifestyle change:		
	Barriers:	Solutions:

Call 4:

Action Step	Plan	
Check my blood pressure:		
	Barriers:	Solutions:
Lifestyle change:		
	Barriers:	Solutions:
Lifestyle change:		
	Barriers:	Solutions:

Call 5:

Action Step	Plan	
Check my blood pressure:		
	Barriers:	Solutions:
Lifestyle change:		
	Barriers:	Solutions:
Lifestyle change:		
	Barriers:	Solutions:

Call 6:

Action Step	Plan	
Check my blood pressure:		
	Barriers:	Solutions:
Lifestyle change:		
	Barriers:	Solutions:
Lifestyle change:		
	Barriers:	Solutions:

Call 7:

Action Step	Plan	
Check my blood pressure:		
	Barriers:	Solutions:
Lifestyle change:		
	Barriers:	Solutions:
Lifestyle change:		
	Barriers:	Solutions:

Call 8:

Action Step	Plan	
Check my blood pressure:		
	Barriers:	Solutions:
Lifestyle change:		
	Barriers:	Solutions:
Lifestyle change:		
	Barriers:	Solutions:

Call 9:

Action Step	Plan	
Check my blood pressure:		
	Barriers:	Solutions:
Lifestyle change:		
	Barriers:	Solutions:
Lifestyle change:		
	Barriers:	Solutions:

Call 10:

Action Step	Plan	
Check my blood pressure:		
	Barriers:	Solutions:
Lifestyle change:		
	Barriers:	Solutions:
Lifestyle change:		
	Barriers:	Solutions:

Call 11:

Action Step	Plan	
Check my blood pressure:		
	Barriers:	Solutions:
Lifestyle change:		
	Barriers:	Solutions:
Lifestyle change:		
	Barriers:	Solutions:

Call 12:

Action Step	Plan	
Check my blood pressure:		
	Barriers:	Solutions:
Lifestyle change:		
	Barriers:	Solutions:
Lifestyle change:		
	Barriers:	Solutions:

Call 13:

Action Step	Plan	
Check my blood pressure:		
	Barriers:	Solutions:
Lifestyle change:		
	Barriers:	Solutions:
Lifestyle change:		
	Barriers:	Solutions:

Call 14:

Action Step	Plan	
Check my blood pressure:		
	Barriers:	Solutions:
Lifestyle change:		
	Barriers:	Solutions:
Lifestyle change:		
	Barriers:	Solutions: