



## I PROMISE TO ...



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

**Instructions:** Design three **specific** goals that will improve your health. In the space provided, list the three goals. Make sure the goals can be **measured**.

You may set any combination of **nutrition**, **exercise**, or **relationship** goals. Make up your own goals. Say **exactly** what you are promising to do.

**Examples:** I will include my child when shopping for fruits and vegetables; they will be more likely to eat them.

I will select breads and tortillas with 2 grams or more of dietary fiber per serving or slice.

I will reduce my intake of flavored, sweetened drinks by one daily serving.

**Goal #1:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Goal #2:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Goal #3:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Set goals. Share your goals with another family member. Give a copy of the goals to your health provider. Keep a copy as a reminder! Place your goals where you will notice them several times per week. Would your bathroom mirror, the refrigerator or another location be the place you would most likely notice?

