

5 Steps to Setting Values-Based Goals

Ready to set goals you'll achieve and get the results you want? Print out this worksheet (or you can fill it out right now online!) and work through each step thoughtfully and carefully. This can be challenging work, so give yourself time and grace as you fill out the sections.

At the end, you'll find a behavior tracking chart so you can monitor your progress and track your wins!

Step #1: Get Clear on Your Values

Take a moment to think about the things you value most when it comes to your body, health, and fitness. With that in mind, read this list of values, select the 10 words that resonate with you the most, and fill in your list. (If you think of a word you don't see here, feel free to add it!)

- | | | | |
|---|---------------------------------------|---------------------------------------|---|
| <input type="checkbox"/> Accomplishment | <input type="checkbox"/> Efficiency | <input type="checkbox"/> Happiness | <input type="checkbox"/> Resilience |
| <input type="checkbox"/> Accountability | <input type="checkbox"/> Empowerment | <input type="checkbox"/> Independence | <input type="checkbox"/> Respect |
| <input type="checkbox"/> Achievement | <input type="checkbox"/> Endurance | <input type="checkbox"/> Joy | <input type="checkbox"/> Self-Actualization |
| <input type="checkbox"/> Balance | <input type="checkbox"/> Enjoyment | <input type="checkbox"/> Knowledge | <input type="checkbox"/> Self-Reliance |
| <input type="checkbox"/> Commitment | <input type="checkbox"/> Enthusiasm | <input type="checkbox"/> Leadership | <input type="checkbox"/> Stability |
| <input type="checkbox"/> Community | <input type="checkbox"/> Excellence | <input type="checkbox"/> Mastery | <input type="checkbox"/> Strength |
| <input type="checkbox"/> Competence | <input type="checkbox"/> Experience | <input type="checkbox"/> Motivation | <input type="checkbox"/> Structure |
| <input type="checkbox"/> Confidence | <input type="checkbox"/> Fearlessness | <input type="checkbox"/> Optimism | <input type="checkbox"/> Success |
| <input type="checkbox"/> Connection | <input type="checkbox"/> Flexibility | <input type="checkbox"/> Passion | <input type="checkbox"/> Sustainability |
| <input type="checkbox"/> Consistency | <input type="checkbox"/> Focus | <input type="checkbox"/> Performance | <input type="checkbox"/> Teamwork |
| <input type="checkbox"/> Courage | <input type="checkbox"/> Freedom | <input type="checkbox"/> Persistence | <input type="checkbox"/> Usefulness |
| <input type="checkbox"/> Dedication | <input type="checkbox"/> Fun | <input type="checkbox"/> Playfulness | <input type="checkbox"/> Vitality |
| <input type="checkbox"/> Determination | <input type="checkbox"/> Gratitude | <input type="checkbox"/> Power | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Discipline | <input type="checkbox"/> Greatness | <input type="checkbox"/> Productivity | |
| <input type="checkbox"/> Drive | <input type="checkbox"/> Growth | <input type="checkbox"/> Purpose | |



Once you have your top 10 values, narrow that list down to only your top 5. Then, narrow those five down to your top 3 (in order of importance).

Top 10 Values:	Top 5 Values:	Top 3 Values:
1. _____	1. _____	1. _____
2. _____	2. _____	2. _____
3. _____	3. _____	3. _____
4. _____	4. _____	
5. _____	5. _____	
6. _____		
7. _____		
8. _____		
9. _____		
10. _____		

Great work! You've just defined your top 3 health and fitness values. These will guide the rest of your work here.

Step #2: Set Your Outcome-Based Goal

Next, determine your outcome-based goal. This is the end result you'll be working toward over the next 12 weeks (e.g., perform one pull-up, run a 5k, lose 20 pounds, get cholesterol below 200 mg/DL).

My outcome based goal is: _____

STOP AND CHECK IN!

Before moving on, make sure you can answer “yes” to the following questions.

- Can I realistically achieve this goal in 12 weeks?
- Does this goal align with my values?
- Will achieving these goals allow me to live in a way that’s important to me?
- Will reaching these goals have a positive impact on my life?

If you answered “no”, adjust your goal accordingly until you reach “yes” for each one.

Step #3: Determine Your Behavior-Based Goals

Next, let’s set your behavior-based goals! A great way to start is by brainstorming a few possible behaviors for each of the five main categories (Nutrition, Exercise, Daily Movement, Sleep, and Stress) that will help you move closer to your outcome-based goal.

For example, if your goal is to achieve a pull-up, under Exercise you might write: *“Practicing assisted pull-up variations three times a week.”* Under Nutrition, you might write: *“Eating a serving of protein with every meal”* (since adequate protein can help build the muscle necessary to reach your goal).

Write down possible behaviors for each category that will move you closer to your outcome-based goal:

NUTRITION	EXERCISE	DAILY MOVEMENT	SLEEP	STRESS

Now, choose one or two behaviors on that list that stand out as the most realistic and achievable for you to work on right now.

My behavior-based goals are:

1. _____

2. _____

STOP AND CHECK IN!

Take a moment and answer this question: How do my behavior-based goals align with each of my values? (e.g., *“Working out three times a week aligns with my value of consistency; Drinking water with my lunch instead of soda aligns with my value of vitality; Joining a Zumba Fitness class aligns with my value of fun.”*)

Step #4: Set Implementation Intentions

To determine your Implementation Intentions, think about the exact actions needed in order for you to achieve your behavior-based goals. This is the “what, where, when, and how” portion of your plan (e.g., *“I’m going to take a 45-minute strength-training class at 8:00 am every Monday, Wednesday, and Saturday at my local gym.”*).

SET AN IMPLEMENTATION INTENTION FOR EACH BEHAVIOR-BASED GOAL:

To achieve my **first** goal, my Implementation Intention is:

To achieve my **second** goal, my Implementation Intention is:

Step #5: Anticipate Obstacles and Create a Back-Up Plan

What obstacles might pop up and prevent you from achieving your behavior-based goals? (e.g., working long hours, family obligations, a planned vacation, an old injury flaring up.) Make a list of the five most likely possibilities, and create a backup plan for navigating each one.

IF	THEN
If there's a chance I'll have to work late...	Then I'll bring my gym clothes & do a quick session on my lunch break.

Track Your Wins!

Use this habit tracker to tick off your behaviors as you complete them. Every two weeks, calculate your success. If you hit 80 percent consistency with both behavior-based goals, great work! It's time to pick one or two new ones to add to the list.

If not, scale the current behavior back to make it a little easier. For example, instead of working out three times a week for 45 minutes, maybe you dial it back to twice a week for 45 minutes, or three times a week for 30 minutes. Then, continue working toward that behavior goal for the next two weeks. Once you become consistent with that habit, you can dial it back up and make it a little harder (or choose a different behavior to add).

Note: As your behaviors become automated habits, you can stop tracking them (unless you want to!). Here's an example of how your tracking for one week might look:

BEHAVIOR-BASED GOALS		MON	TUE	WED	THUR	FRI	SAT	SUN	TOTAL	SUCCESS
WEEK 1	#1: Work out three times a week	✓		✓			✓		3/3	3/3 = 100%
	#2: Drink water with lunch each day instead of soda	✓	✓			✓	✓	✓	5/7	5/7 = 72%



Behavior Tracking: Weeks 1-4

BEHAVIOR-BASED GOALS		MON	TUE	WED	THUR	FRI	SAT	SUN	TOTAL	SUCCESS
WEEK 1	#1:									
	#2:									
WEEK 2	#1:									
	#2:									

CHECK IN: Time to evaluate your success! If you hit 80% consistency, add 1-2 new behaviors.
If not, scale back your current behaviors and continue to work on them.

WEEK 3	#1:									
	#2:									
	#3:									
	#4:									
WEEK 4	#1:									
	#2:									
	#3:									
	#4:									



Behavior Tracking: Weeks 5-6

CHECK IN: Time to evaluate your success! If you hit 80% consistency, add 1-2 new behaviors.
If not, scale back your current behaviors and continue to work on them.

BEHAVIOR-BASED GOALS		MON	TUE	WED	THUR	FRI	SAT	SUN	TOTAL	SUCCESS
WEEK 5	#1:									
	#2:									
	#3:									
	#4:									
	#5:									
	#6:									
WEEK 6	#1:									
	#2:									
	#3:									
	#4:									
	#5:									
	#6:									

Behavior Tracking: Weeks 7-8

Congratulations, you're halfway to your 12-week goal!

By now, some of your behavior-based goals should be fully integrated into your daily routine. If so, you can stop tracking those goals and only monitor the more recent behaviors.

BEHAVIOR-BASED GOALS		MON	TUE	WED	THUR	FRI	SAT	SUN	TOTAL	SUCCESS
WEEK 7	#1:									
	#2:									
	#3:									
	#4:									
WEEK 8	#1:									
	#2:									
	#3:									
	#4:									

Behavior Tracking: Weeks 9–10

CHECK IN: Time to evaluate your success! If you hit 80% consistency, add 1–2 new behaviors.
If not, scale back your current behaviors and continue to work on them.

BEHAVIOR-BASED GOALS		MON	TUE	WED	THUR	FRI	SAT	SUN	TOTAL	SUCCESS
WEEK 9	#1:									
	#2:									
	#3:									
	#4:									
	#5:									
	#6:									
WEEK 10	#1:									
	#2:									
	#3:									
	#4:									
	#5:									
	#6:									

Behavior Tracking: Weeks 11-12

CHECK IN: Time to evaluate your success! If you hit 80% consistency, add 1-2 new behaviors. If not, scale back your current behaviors and continue to work on them.

BEHAVIOR-BASED GOALS		MON	TUE	WED	THUR	FRI	SAT	SUN	TOTAL	SUCCESS
WEEK 11	#1:									
	#2:									
	#3:									
	#4:									
	#5:									
	#6:									
WEEK 12	#1:									
	#2:									
	#3:									
	#4:									
	#5:									
	#6:									

