

**HANDOUT: GOAL SETTING**

**GOALS → OBSTACLES → SOLUTIONS AND COMMITMENT TABLE**

Use the table below to develop nutrition and fitness goals for yourself and your family. Like the workshop activity where, in your group, you developed two goals each for nutrition and physical activity (changes you would make to your eating and exercise habits), do the same here.

Be mindful of and include the obstacles for each change you'd like to implement and solutions to those obstacles.

<b>My Goals</b>	<b>Obstacles</b>	<b>Solutions/My Commitment</b>