

# WISEWOMAN Healthy Lifestyle Goals



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

**Choose a goal that is most important to you**

My healthy lifestyle goal is \_\_\_\_\_

My plan is \_\_\_\_\_

These resources will help me reach my healthy lifestyle goal

\_\_\_\_\_

\_\_\_\_\_

www.michigancancer.org/bcccp/wisewomanprogram

This weekly calendar will help track my progress

(Make a check in the box each day you meet your goal.)

<b>Week 1</b>	Sun	Mon	Tue	Wed	Thur	Fri	Sat

<b>Week 6</b>	Sun	Mon	Tue	Wed	Thur	Fri	Sat

<b>Week 2</b>	Sun	Mon	Tue	Wed	Thur	Fri	Sat

<b>Week 7</b>	Sun	Mon	Tue	Wed	Thur	Fri	Sat

<b>Week 3</b>	Sun	Mon	Tue	Wed	Thur	Fri	Sat

<b>Week 8</b>	Sun	Mon	Tue	Wed	Thur	Fri	Sat

<b>Week 4</b>	Sun	Mon	Tue	Wed	Thur	Fri	Sat

<b>Week 9</b>	Sun	Mon	Tue	Wed	Thur	Fri	Sat

<b>Week 5</b>	Sun	Mon	Tue	Wed	Thur	Fri	Sat

<b>Week 10</b>	Sun	Mon	Tue	Wed	Thur	Fri	Sat

Signature \_\_\_\_\_ Date \_\_\_\_\_

Primary phone number \_\_\_\_\_ When is a good time to call? \_\_\_\_\_

Secondary phone number \_\_\_\_\_ Email address \_\_\_\_\_

Next appointment \_\_\_\_\_  Face to Face  Telephone

Lifestyle Counselor \_\_\_\_\_ Phone \_\_\_\_\_

30 min. (99402)  45 min. (99403)  60 min. (99404) MBCIS # \_\_\_\_\_