

My Wellness Goal Planner

Goal-setting helps us start new behaviours and guides our focus towards more well-rounded lifestyles. Schedules add structure in our lives and support our overall wellness efforts by instilling healthy habits into our routines. Combining goal-setting with a schedule is a recipe for wellness success! Let this planner guide you in creating your own wellness goals and a schedule to help you achieve them.

Wellness Goal Planning How-Tos

Use the prompts below for inspiration if you need it, then write down a wellness-related goal for each of the categories—physical activity, nutrition and sleep—on the next page. Feel free to tailor the categories to create goals that resonate with you. Use the weekly tracker to record your progress as you work towards achieving your goals. Most importantly, remember to celebrate your accomplishments!



Physical Activity

Incorporating exercise in any form—from a nice evening walk to structured classes—into your routine can improve your mental alertness, energy and mood. According to ParticipACTION, adults between 18 and 65 should aim for at least 150 minutes of moderate physical activity per week, for at least 10 minutes at a time. Check out their [Canadian Physical Activity Guidelines](#) for information and resources, and explore different physical activities to find one that you like and that fits your schedule!



Nutrition

Fuelling your body with whole foods is an important aspect of your overall health. Take some time to plan meals and try new recipes—make it fun! If you need a little support, ASEBP's Employee and Family Assistance Program (EFAP) provider, [Homewood Health](#), offers nutritional coaching services. If you have a different EFAP provider, check to see if they offer a similar service.



Sleep

Getting enough quality sleep at the right times can protect your mental and physical health, as well as improve your quality of life. Factoring sleep into your schedule will help ensure you're getting a good night's rest. Check out [Catch a Few More ZZZ's](#) on The Sandbox for more tips.

Date:

My Wellness Goals



What are my goals?

Why are these goals important to me?

How will I achieve these goals?



What are my goals?

Why are these goals important to me?

How will I achieve these goals?



What are my goals?

Why are these goals important to me?

How will I achieve these goals?

My Weekly Tracker

S M T W T F S



	S	M	T	W	T	F	S
Sneaker							
Apple							
Brain							