Reset Healthy Habits
Your Personal Midyear Review

Are you meeting your annual goals for good health? Weight loss, routine exercise, career growth, or learning to cook healthy — whatever your wellness ambitions are this year, we’re halfway into 2020: time for some personal accounting.

You can count on continued growth by learning and reviewing what’s going on in your life. Take it step by step:

**List your successes so far,** such as weight loss, added exercise, or finding balance between work, family and personal time.

**List what kept you motivated** to make better choices and the benefits of making them. What changes have been hard to achieve? If time is a frequent obstacle, identify and reset your priorities.

**List the new and ongoing goals in your life** — to learn a new skill, reduce stress, stick to a budget? Make your goals **SMART:** Specific, Measurable, Achievable, Relevant and Timely.

One success often leads to another. Here’s to moving your life forward.
Choose 1 goal to work on this month and write it down in detail.

Identify goals that are still important to you. Example: You’ve gained results from working out at the gym but find it hard to fit in 2 visits a week. Rather than quit, maybe 1 weekly workout will help keep you on track.

Break down your goal into small, actionable steps. Add these steps into this month’s grid, based on your schedule.

How did you do? Note your successes and challenges here, and learn from them.

Track ▶

- Daily Exercise
- Time, Calories, Blood Pressure or Other

Note your success and challenges here, and learn from them.

AUGUST 2020 »
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