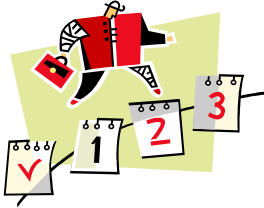


Small Changes for Health 2006

Week 30



Setting goals is a good way to achieve success. Goals allow you to set your sights high to achieve your dreams. Perhaps the only difference between a dream and a goal is that a goal is written down, giving you something tangible to set your sights on. How successful you are at achieving your goals depends on how often you evaluate your goals. Are you still heading in the right direction? Have you made progress towards your goals? Do you need to set new goals? These are all questions to ask yourself when re-evaluating your SMART goals, which is what this week's change is all about.



Your Small Change: For this week, re-evaluate your SMART Goal.

Check off the day you complete this activity below:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

If you need more information about this program, this subject or some assistance or suggestions on how to make this change, please visit Health Promotion in room 910 or call us at 314/612-5400, 5419 or 5163. **You can also retrieve the supporting Small Changes for Health handouts online by visiting the City of St. Louis Department of Health web page.**

-----cut or tear here-----

Follow-Up: Week 30

Your Small Change: For this week, re-evaluate your SMART Goal.

1. Did you do this activity? (Check your answer below)

Yes No

2. Did you have to revise, update or make new goals? (Check your answer(s) below)

Revised goal Updated goal Made new goal(s)

3. How hard was it to accomplish? (Check your answer below)

Very Easy Somewhat Easy Neutral Somewhat Hard Very Hard

4. Other Comments:

Please return the bottom half of this form to
Health Promotion in Room 910, at the end of this week.

