

# HealthPerks

## 2016 GOAL-SETTING Worksheet



### Your Healthy 2016 Resolution:

**JAN**

Goal:

Reward:

**JULY**

Goal:

Reward:

**FEB**

Goal:

Reward:

**AUG**

Goal:

Reward:

**MARCH**

Goal:

Reward:

**SEPT**

Goal:

Reward:

**APRIL**

Goal:

Reward:

**OCT**

Goal:

Reward:

**MAY**

Goal:

Reward:

**NOV**

Goal:

Reward:

**JUNE**

Goal:

Reward:

**DEC**

Goal:

Reward: