

The Consistent Calendar Challenge

Whether you are creating a New Year's Resolution or are in the middle of accomplishing a lifetime goal, goal setting is important. It can trigger healthy behavior change, give you focus and clarity, and build your self-confidence toward achieving a goal.

One of the key elements to accomplishing a goal is consistency. Following a step-by-step approach, tracking and monitoring your daily progress, and creating a consistent chain can help set you up for success.

Instructions:

For this challenge, set a goal that you want to accomplish (big or small). Use the 21-day calendar, below, to track your daily progress. Whether you want to write down the details of your plan into each day or put a giant "X" over it, track your progress. This will create the consistency that's important for accomplishing that task each day.

Source:

<https://www.merriam-webster.com/dictionary/goal>

Goal:

Tracking sheet:

Use the 21-day calendar below to include an "X" or your behavior/habit that was accomplished for the designated day.

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21

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