



roadmap to health

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Roadmap to Health

Name:

Date:

Goal:

This booklet will help you track your progress over the next month. There is a month calendar page to see an overall picture. Feel free to use numbers or smiley or frown faces to express how you are feeling. There are weekly pages for you to record your progress and journal in.



SUN

MON

TUE

WED

THU

FRI

SAT

Week 1, Date: _____ **Activity:** _____

Goal: _____

Mini Goal: _____ **Stretch Goal:** _____

Reward: _____

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Reflection: _____

Week 2, Date: _____ **Activity:** _____

Goal: _____

Mini Goal: _____ **Stretch Goal:** _____

Reward: _____

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Reflection: _____

Week 3, Date: _____ **Activity:** _____

Goal: _____

Mini Goal: _____ **Stretch Goal:** _____

Reward: _____

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Reflection: _____

Week 4, Date: _____ **Activity:** _____

Goal: _____

Mini Goal: _____ **Stretch Goal:** _____

Reward: _____

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Reflection: _____

Week 5, Date: _____ **Activity:** _____

Goal: _____

Mini Goal: _____ **Stretch Goal:** _____

Reward: _____

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Reflection: _____
