

Small Steps to Health and Wealth™ Colorado



Set a Date and Get Started Just Do It! Worksheet

Date I will begin to make changes: _____

Behavior Change Progress Tracking Form: Health Goal
Week of: _____

Planned Action	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1. Walk 20 minutes at lunch with co-workers		X		X	X	X	
2.							
3.							
4.							

**“First say to yourself what you would be;
then do what you have to do.”**

Epictetus

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Set a Date and Get Started Just Do It! Worksheet

Date I will begin to make changes: _____

Behavior Change Progress Tracking Form: Wealth Goal
Week of: _____

Planned Action	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1. Save \$3 a day, plus loose change, in a jar	X	X		X		X	X
2.							
3.							
4.							

“Yesterday I dared to struggle. Today I dare to win.”

Bernadette Devlin

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