

How Am I Doing?

My Goals	How often did I do what I said I would?	What would help me to reach my goal?	What makes it difficult to reach my goal?	Am I sure that I will reach my goal? How sure am I?
<p>Example: I will choose vegetables and fruit for evening snacks at least 3 times a week.</p>	<p style="text-align: center;">x</p> <p>1 2 3 4 5 never sometimes always</p> <p>I reach my goal sometimes</p>	<p>I need to buy more tasty and easy-to-prepare vegetables and fruit snacks that the whole family will enjoy.</p>	<p>There are not enough vegetable and fruit snacks to choose from in my house.</p>	<p style="text-align: center;">x</p> <p>1 2 3 4 5 unsure sure</p> <p>I am pretty sure that I will reach my goal</p>
<p>Goal #1</p>	<p>1 2 3 4 5 never sometimes always</p>			<p>1 2 3 4 5 unsure sure</p>
<p>Goal #2</p>	<p>1 2 3 4 5 never sometimes always</p>			<p>1 2 3 4 5 unsure sure</p>
<p>Goal #3</p>	<p>1 2 3 4 5 never sometimes always</p>			<p>1 2 3 4 5 unsure sure</p>
<p>Goal #4</p>	<p>1 2 3 4 5 never sometimes always</p>			<p>1 2 3 4 5 unsure sure</p>