

RESOLUTIONS SHEET

GOALS FOR 2025

COOK DINNER AT LEAST 5X PER WEEK

MEAL PREP LUNCH

READ 2 BOOKS PER MONTH

PHYSICAL ACTIVITY 3X PER WEEK

RESOURCES NEEDED

WEEKLY MEAL PREP RECIPES

CHILDCARE FOR GYM

NOTEBOOKS FOR JOURNALING

WEEKLY MEAL PLANNER

POTENTIAL BARRIERS

FINDING TIME/CHILDCARE FOR GYM

MOTIVATION TO MEAL PREP

GETTING INTO THE RIGHT MINDSET

ACCOUNTABILITY

SHARE GOALS WITH A FRIEND

JOURNALING

USE AN APP TO TRACK PROGRESS

RATE YOUR WEEK (0-10)

WEEK 1

4

WEEK 2

6

WEEK 3

7

WEEK 4

8

POSITIVE OUTCOMES

LESS STRESS

INCREASED CONFIDENCE

IMPROVED MOOD

BETTER HEALTH

REFLECTION

EACH WEEK OR MONTH, THIS IS WHERE YOU
COULD REFLECT ON HOW YOUR GOALS HAVE
BEEN GOING, HOW YOU FEEL, WHAT CHANGES
YOU COULD MAKE

RESOLUTIONS SHEET

GOALS FOR 2025

RESOURCES NEEDED

POTENTIAL BARRIERS

ACCOUNTABILITY

RATE YOUR WEEK (0-10)

WEEK 1

WEEK 2

WEEK 3

WEEK 4

POSITIVE OUTCOMES

REFLECTION

MEAL PLANNING

DATE: _____

BREAKFAST

LUNCH

DINNER

NOTES

GROCERY LIST

THINGS TO REMEMBER