



Well on our Way

LOG SHEET

dates _____

Cross out a box for each day that you meet your personal goal. At the end of the month submit your total days for each activity on the WOOW website, <http://www.uiowa.edu/hr/wellness/woow>

Fill goals here:

PHYSICAL ACTIVITY

NUTRITION

EMOTIONAL HEALTH

PERSONAL SKILL DEVELOPMENT (INTELLECTUAL/SPIRITUAL)

SOCIAL HEALTH

OCCUPATIONAL DEVELOPMENT

ENVIRONMENTAL

OTHER WELLNESS

	SUN	MON	TUE	WED	THU	FRI	SAT	TOTAL
week 1								
week 2								
week 3								
week 4								
week 1								
week 2								
week 3								
week 4								
week 1								
week 2								
week 3								
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week 1								
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week 1								
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week 3								
week 4								
week 1								
week 2								
week 3								
week 4								



SMART Goal Setting: When creating goals, be SMART by creating *Specific, Measurable, Attainable, Realistic, and Time-bound* goals that enable you to be successful. Here are some examples of SMART goals:

- Instead of saying, "I am going to walk more," try "I will walk 15 minutes at lunch, four days a week."
- Or try "I will complete a Skillssoft Training once a month" instead of, "I am going to improve my workplace skills."
- Another example, instead of "I am going to eat better," try "I will eat three fruits or vegetables, five days a week."