



UNIVERSITY OF
ARKANSAS®

Student Affairs
Pat Walker Health Center

THE
PATH TO
WELL
JOURNAL

BY PAT WALKER HEALTH CENTER

MONTHLY GOALS

MONTH _____ YEAR _____

What are my personal goals for this month?

1. SLEEP

2. EXERCISE/ACTIVITY

3. NUTRITION

4. MENTAL HEALTH/SOCIAL CONNECTIONS

WEEKLY GOALS

WEEK OF / /

Personal Goals Action Steps

Goal Tracking: Steps Completed

SLEEP

EXERCISE/ACTIVITY

NUTRITION

MENTAL HEALTH/SOCIAL CONNECTIONS

Reflections/Thoughts

WEEKLY GOALS

WEEK OF / /

Personal Goals Action Steps

Goal Tracking: Steps Completed

SLEEP

EXERCISE/ACTIVITY

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MONTHLY REFLECTIONS

What were my biggest accomplishments this month?

What am I thankful for this month?

What can I do better or different next month?

How did I surprise myself this month?
