

My overall general health goal is: _____

Recognizing that it may be easier to work on this goal one step at a time, my SPECIFIC PLAN for this week is to (select 1 or more options):

- Make a primary care appointment
- Check my blood pressure
- Weigh myself on an accurate scale
- Participate in a GatorCare or GatorWell health screening
- Get a flu shot and/or other necessary immunization(s)
- Schedule a dental visit
- Schedule a vision exam to update my prescription
- Wear sunscreen consistently
- Add 15/30/45/60 minutes of activity to my week
- Go to bed 15/30/45/60 minutes earlier every night
- Limit alcohol consumption to <8 drinks/week (women) and <15 drinks/week (men)
- Quit tobacco use
- Wear a seatbelt consistently
- Avoid using a cell phone while driving
- Commit to 100% adherence to my chronic health condition regimen
- Explore non-pharmacological treatments for pain (e.g., physical therapy, massage, cognitive-behavioral therapy)
- Limit consumption of fast food and sugary drinks
- Other: _____

The 3 most important reasons I want to achieve my goal are:

- 1.
- 2.
- 3.

I have checked the UF Wellness Programs Resources tab to identify programs/services that may help me.

- Yes No

Some resources I have available to assist me with this goal (e.g., class, free program/service, supportive partner, health care professional, commercial product/service) are:

I will review my progress toward this goal on: ____ / ____ / _____

Signature: _____