

# Goal Calendar

**Sometimes it is helpful to use a calendar to plan out when you are going to complete your goals.**

This calendar can help you schedule your goals so then you can plan your day/week around the goals and not the other way around.

Try and make your goals your priority.

**Examples of goals to schedule:**



exercise



medication



healthy eating



daily foot check



blood sugars



stress management

**My goals:** 1) Exercise - Walk for 30 minutes, 3 days a week

2) Healthy eating - Replace regular snack with vegetables, 3 days a week

**Week of:** Week 2

TIME:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>DAYTIME</b>							
5:00 – 6:00 AM							
6:00 – 7:00 AM							
7:00 – 8:00 AM							
8:00 – 9:00 AM							
9:00 – 10:00 AM							
10:00 – 11:00 AM							
11:00 AM – 12:00 PM							
12:00 – 1:00 PM							
1:00 – 2:00 PM							
2:00 – 3:00 PM		Vegetables		Vegetables	Vegetables		
3:00 – 4:00 PM							
4:00 – 5:00 PM	Walk		Walk			Walk	
5:00 – 6:00 PM							
<b>EVENING</b>							
6:00 – 7:00 PM							
7:00 – 8:00 PM							
8:00 – 9:00 PM							
9:00 – 10:00 PM							
10:00 – 11:00 PM							
11:00 PM – 12:00 AM							