

Pivot Behavioral Health Behavioral Plan

Instructions: Set some goals for the week using the following form. These can be health behavior changes that are specific and actionable, and can be completed within particular times and in particular places this week. For instance, your plan for improving your sleep may include the goal “I’ll leave my bedroom if I’m awake for 25 minutes.” Or, if you are trying to improve your eating, your goal may be “I’ll eat breakfast at 7:30AM.” Then, place a check mark indicating the day(s) you met your goal.

Goals for the week of _____ Check if you met your goal. ✓	MON	TUES	WED	THUR	FRI	SAT	SUN
1.							
2.							
3.							
4.							
5.							
6.							
7.							