

Safe Haven Connect CIC · Registered CIC

Health Goal Planner

Build Healthy Habits, Track Your Progress & Achieve Your Wellbeing Goals

Welcome

Looking after your health is about making steady, realistic progress rather than striving for perfection. Whether your goal is to improve your physical health, strengthen your mental wellbeing, manage a long-term condition or simply build healthier habits, every positive step matters.

This planner has been designed to help you set meaningful goals, stay motivated and celebrate your achievements along the way.

Use this planner at your own pace and review it regularly as your goals and circumstances change.

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Why Set Health Goals?

Setting realistic goals can help you:

Improve your physical health.

Support your mental wellbeing.

Build healthy daily habits.

Increase confidence and motivation.

Track your progress over time.

Stay focused on what matters most to you.

Celebrate every achievement, no matter how small.

Before You Begin

Remember:

Start with one or two goals.

Make your goals realistic.

Progress is rarely perfect.

Small changes can have a big impact over time.

Review your goals regularly.

Be kind to yourself if you experience setbacks.

Personal Details

Full Name

Preferred Name

Date Started

My Health Vision

What does living a healthier life look like to me?

My Reasons for Improving My Health

Why is this important to me?

Reflection

Your goals should be meaningful to you, not based on anyone else's expectations. Every positive change—no matter how small—is a step towards better health and wellbeing.

Next: Section 1 – Setting SMART Health Goals, where you'll create clear, achievable goals and break them down into manageable daily and weekly actions.

Section 1 – Setting SMART Health Goals

Setting goals works best when they are clear, realistic and meaningful. A useful way to do this is by creating SMART goals:

Specific – What exactly do I want to achieve?

Measurable – How will I know I'm making progress?

Achievable – Is this realistic for me?

Relevant – Why is this important?

Time-Based – When do I want to achieve it?

My Main Health Goal

My biggest health goal is:

Why is this important to me?

Target completion date:

Breaking My Goal Into Smaller Steps

Step 1

Target date:

☐ Completed

Step 2

Target date:

☐ Completed

Step 3

Target date:

☐ Completed

Step 4

Target date:

☐ Completed

My Physical Health Goals

Tick any goals you would like to work towards.

☐ Walk more

☐ Improve fitness

- ☐ Increase strength
- ☐ Improve flexibility
- ☐ Lose weight
- ☐ Gain weight
- ☐ Improve balance
- ☐ Manage a long-term health condition
- ☐ Improve heart health
- ☐ Stop smoking
- ☐ Reduce alcohol
- ☐ Other

My Mental Wellbeing Goals

- ☐ Reduce stress
- ☐ Improve sleep
- ☐ Build confidence
- ☐ Improve self-esteem
- ☐ Practise mindfulness
- ☐ Spend more time outdoors
- ☐ Improve work-life balance
- ☐ Build healthier relationships
- ☐ Learn new coping skills
- ☐ Improve emotional wellbeing

☐ Other

What Could Get in My Way?

Possible challenges:

☐ Lack of motivation

☐ Poor health

☐ Lack of time

☐ Financial worries

☐ Stress

☐ Fatigue

☐ Family commitments

☐ Low confidence

☐ Other

How Will I Overcome These Challenges?

Who Can Support Me?

Tick anyone who could encourage or support you.

- ☐ Family
- ☐ Friends
- ☐ GP
- ☐ Nurse
- ☐ Therapist
- ☐ Support Worker
- ☐ Personal Trainer
- ☐ Colleagues
- ☐ Peer Support Group
- ☐ Other

My Motivation

When I feel like giving up, I will remind myself:

Reflection

Healthy change doesn't happen overnight. Every positive choice you make—no matter how small—moves you closer to your goals. Focus on progress rather than perfection, and remember that setbacks are opportunities to learn, not reasons to stop.

Next: Section 2 – Healthy Habits & Daily Progress Tracker, including daily habits, hydration, nutrition, exercise, sleep, mood, weekly reviews and building lasting routines.

Section 2 – Healthy Habits & Daily Progress Tracker

Healthy habits are built through small, consistent actions over time. This section helps you monitor your daily routines, recognise positive changes and identify areas where you may need extra support.

Remember, consistency is more important than perfection.

My Healthy Habit Checklist

Tick the habits you would like to complete each day.

- ☐ Take medication (if prescribed)
- ☐ Eat breakfast
- ☐ Eat balanced meals
- ☐ Drink enough water
- ☐ Exercise or stay active
- ☐ Stretch
- ☐ Spend time outdoors
- ☐ Sleep 7–9 hours (or as appropriate for you)
- ☐ Practise relaxation or mindfulness

☐ Spend time with family or friends

☐ Read or learn something new

☐ Limit screen time

☐ Complete a hobby

☐ Journal or reflect

☐ Practise gratitude

☐ Other

Daily Wellbeing Tracker

Day	Mood (1–10)	Energy (1–10)	Sleep (Hours)	Water (Glasses)	Exercise
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Monday			☐	☐	
Tuesday			☐	☐	
Wednesday			☐	☐	
Thursday			☐	☐	
Friday		☐	☐		
Saturday			☐	☐	
Sunday			☐	☐	

Exercise Planner

This week I plan to:

☐ Walk

☐ Run

☐ Cycle

- ☐ Swim
- ☐ Go to the gym
- ☐ Yoga
- ☐ Stretching
- ☐ Home workout
- ☐ Gardening
- ☐ Chair exercises
- ☐ Other

My exercise goal this week:

Nutrition & Hydration

This week I want to:

- ☐ Eat more fruit
- ☐ Eat more vegetables
- ☐ Reduce sugary drinks
- ☐ Reduce processed foods
- ☐ Drink more water
- ☐ Cook more meals at home
- ☐ Eat regular meals

☐ Other

Sleep Tracker

Day	Bedtime	Wake Time	Hours Slept	Sleep Quality (1–10)
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Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Managing Stress

This week I will:

☐ Practise deep breathing

☐ Meditate

☐ Spend time outdoors

☐ Read

☐ Listen to music

☐ Spend time with loved ones

☐ Reduce my workload

☐ Take regular breaks

☐ Speak to someone

☐ Other

My Biggest Success This Week

What Could I Improve Next Week?

Weekly Reflection

This week I feel:

☹️ 1 ☹️ 2 ☹️ 3 😐 4 😊 5 😊 6 😄 7 😄 8 🌟 9 ★ 10

One thing I'm proud of:

One thing I'll focus on next week:

Reflection

Healthy habits are built one choice at a time. Missing a day doesn't mean you've failed—it simply means tomorrow is another opportunity to continue your journey. Focus on progress, celebrate your achievements and remember that lasting change comes from consistent, sustainable habits.

Next: Section 3 – Monthly Reviews, Long-Term Goals & Staying Motivated, including monthly progress reviews, overcoming setbacks, motivation tools, reward planning, long-term health tracking, final reflection, disclaimer and About Safe Haven Connect CIC.

Section 3 – Monthly Reviews, Long-Term Goals & Staying Motivated

Building a healthier lifestyle is a long-term journey. Regular reviews can help you recognise your progress, learn from challenges and stay motivated to continue working towards your goals.

Remember, progress is measured over weeks and months—not just days.

Monthly Progress Review

Month

This month I achieved:

- ☐ My main health goal
- ☐ Improved my fitness
- ☐ Improved my mental wellbeing
- ☐ Developed healthier habits
- ☐ Improved my sleep

- ☐ Ate healthier
- ☐ Managed stress better
- ☐ Stayed consistent
- ☐ Other

What Went Well?

What Challenges Did I Face?

What Did I Learn?

My Health Score

Rate each area from 1 (needs improvement) to 10 (excellent).

Area Score (1–10)

Physical Health
Mental Wellbeing
Sleep
Nutrition
Exercise
Stress Management
Motivation
Confidence
Work-Life Balance
Overall Health

My Long-Term Health Goals

3 Months

6 Months

12 Months

Staying Motivated

When I feel unmotivated, I will:

- ☐ Read my reasons for starting
- ☐ Celebrate small wins
- ☐ Ask someone for support
- ☐ Break my goals into smaller steps
- ☐ Take a short break and restart
- ☐ Remind myself that progress takes time
- ☐ Focus on one day at a time
- ☐ Other

Rewarding My Progress

Healthy rewards can help keep you motivated.

When I reach my next goal, I will treat myself to:

- ☐ A favourite meal
- ☐ A new book
- ☐ A day out
- ☐ A relaxing bath
- ☐ A film night
- ☐ Time with friends or family
- ☐ A new hobby item
- ☐ Other

Positive Changes I've Noticed

Since starting this planner I have noticed:

- ☐ More energy
- ☐ Better sleep
- ☐ Improved mood
- ☐ Better fitness
- ☐ Increased confidence
- ☐ Healthier habits
- ☐ Reduced stress
- ☐ Better relationships
- ☐ Other

My Personal Wellbeing Promise

I promise to:

- ☐ Be patient with myself.
- ☐ Focus on progress rather than perfection.
- ☐ Ask for help when I need it.
- ☐ Celebrate every achievement.
- ☐ Learn from setbacks instead of giving up.
- ☐ Continue investing in my health.
- ☐ Remember that small changes lead to big results.

Final Reflection

Improving your health is one of the greatest investments you can make in yourself. There will be good days and more difficult days, but every healthy choice you make contributes to your long-term wellbeing.

Be proud of how far you've come, no matter where you're starting from. Keep moving forward, one step at a time.

Disclaimer

This planner has been created by Safe Haven Connect CIC to support people in setting and tracking personal health and wellbeing goals.

It is intended for educational and organisational purposes only and does not replace professional medical advice, diagnosis or treatment. Always seek guidance from your GP or another qualified healthcare professional regarding your individual health needs.

About Safe Haven Connect CIC

Safe Haven Connect CIC is a UK Community Interest Company dedicated to making health and mental wellbeing support accessible to everyone.

We provide free workbooks, planners, self-help resources and practical tools to help people improve their physical and mental wellbeing at their own pace.

Website:

<https://safehavenconnect.org>

Free Workbook Library:

<https://safehavenconnect.org/workbooks>

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