

# CREATE TOP-NOTCH TIMELINES

Reading about creating timelines is kind of like watching a workout video. You won't get results unless you take action and participate! Use this handout to help you map out timelines for your goals. Take it step by step. It's okay if it's messy at first; working toward your goals is a constantly-evolving process which will involve writing, crossing out, and rewriting. The most important part is to just do it!



Write down one specific goal that you have for your health. This could be related to nutrition, lifestyle, career, relationships, etc.

DEFINE YOUR GOALS		DEFINE THE STEPS
		Break down your goal down into bite-sized pieces. Estimate how many hours you'll need to complete each task. This is simply a guideline; you may need more or less than eight steps.
STEP 1	Hours_____	
STEP 2	Hours_____	
STEP 3	Hours_____	
STEP 4	Hours_____	
STEP 5	Hours_____	
STEP 6	Hours_____	
STEP 7	Hours_____	
STEP 8	Hours_____	

Total hours\_\_\_\_\_ Goal deadline\_\_\_\_\_