



# My Goal: Know My Numbers



## Tracking & Progress



### How to set achievable, enjoyable tracking & progress goals:

Even when we try our best to be healthy, we most often manage what we measure. When we take time to track our progress, we're turning a "good idea" into a measurable goal. Many important healthy habits take practice; tracking helps us review what's working and make any adjustments needed for better health.

**Track something.** Whether it's food, exercise, or sleep, learn about your habits and improve them.  
**Track data for limited time periods.** Even a day of food journaling can help you make positive changes.  
**Use technology.** Explore apps or sites that help you remember to check and record your numbers.

### Realistic Goal Checklist



Is your goal realistic? Run it through this checklist to find out.

- Is your goal easy?** (Example: I will wear a tracker and check my step count after I brush my teeth for five days this week.)
- Is your goal specific?** (Example: I will measure my blood pressure after I get ready for bed three times this week.)
- Do you have a clear prompt to remind you?**  
(Example: For five days this week I will check my heart rate when I finish my workout.)

## I'm in! My Goal

I will \_\_\_\_\_ when I \_\_\_\_\_ for \_\_\_\_\_

(Enter activity)

(Enter Prompt)

(Number)

(Times, Days, Weeks, etc.)

(Example: Using my food tracking app, I will review the sugar content in my food when I am finished eating for five meals.)

## TRACK YOUR PROGRESS



You're moving toward your goal. Keep up the good work!



Keep setting healthy goals!

For more information, visit [MyAFibExperience.org](http://MyAFibExperience.org).