

TABLE

SAMPLE GOALS

Diet and nutrition	• I will create healthy eating habits by maintaining a daily food, sleep, and stress log. I will record number of hours slept, number of times I am waking up in the middle of the night, and time and what I ate. I will record the activity during the day causing stress and triggering eating habits.
	• I will lose 5 lbs per month for the next 3 months by eating vegetables 3 days per week and walking 20 minutes 2 days per week. Additionally, I will take lunch to work three times per week.
Relaxation/stress management	• I will listen to gospel and rhythm and blues music on Mondays, Wednesdays, and Fridays for 1 hour. I will read for enjoyment on Saturday afternoon or evening for 30 minutes.
	• I will schedule relaxation 5 days per week for at least 45 minutes by logging day/length of time and the activity (e.g., science fiction DVD series, reading).
Physical activity	• I will do weekly physical activity (warm up, karate, and calisthenics) for 30 minutes (3 days) and create a flexible exercise schedule.
	• I will go to the YMCA on Tuesdays and Thursdays and continue my 3 to 4 days per week of aerobic activity.
	• I will do aerobic yoga activity for 20 to 30 minutes, 6 days per week.
	• I will work on strength training twice per week, on Tuesdays and Saturdays, 6 p.m. and 1 p.m., respectively.
Sleep/rest	• I will try to go to bed weekdays at 11 p.m. and record the actual time each night.

Measurable Goals For Restorative Nursing

Brendan G. Carr



Measurable Goals For Restorative Nursing:

Enjoying the Tune of Appearance: An Psychological Symphony within **Measurable Goals For Restorative Nursing**

In a world consumed by displays and the ceaseless chatter of immediate transmission, the melodic elegance and psychological symphony created by the prepared word frequently fade into the backdrop, eclipsed by the persistent noise and distractions that permeate our lives. But, set within the pages of **Measurable Goals For Restorative Nursing** a stunning fictional treasure brimming with organic thoughts, lies an immersive symphony waiting to be embraced. Crafted by a masterful musician of language, that charming masterpiece conducts readers on a mental trip, skillfully unraveling the concealed melodies and profound impact resonating within each cautiously constructed phrase. Within the depths of the emotional examination, we will examine the book is key harmonies, analyze their enthralling publishing design, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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