

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

Sabine Zange



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