

WEEKLY GOALS

CCI GOAL SHEET

Date: _____

What I accomplished last week:

What my setbacks were:

What I learned:

GOALS FOR THIS WEEK

Motivation Goals:

Challenging my Eating Disorder Self/Strengthening my Healthy Self:

Underlying Issues Goals:

Food Behavior Goals:

Other Behavior Goals: (recovery sabotaging)

Relationship Goals:

Spirituality/Soul Goals:

Self-Care Goals: