Upgraid by mend

CREATE YOUR FOREVER PLAN

Create your own 1-year, 5-year, and 10-year health goals in a way that feels thoughtful, achievable, and inspiring.

table of contents

VISIONS + VALUES	**3**
SMART GOAL SETTING	**4**
1-YEAR PLAN	**5**
5-YEAR PLAN	**7**
10-YEAR PLAN	**8**
MONTHLY RESET	**9**

For more support on your journey, visit **mend.me** or reach out to our dietitians at **dietitians@mend.com**

vision + values

SECTION 1

My Health Vision

+ *Describe in detail your ideal physical, mental, and emotional health 10 years from now.*

Example: “I want to be strong, energetic, free from chronic pain, and able to hike and travel with ease.”

Why Health Matters to Me

+ *Write down your core motivations such as family, longevity, freedom, self-confidence, and anything else that inspires you.*

SMART goal setting overview

SECTION 2

Map out your 1, 5, and 10 year goals.

+ *Define what you want, the actions you'll take, and the support you need to get there.*
+ *Use SMART criteria: Specific, Measurable, Achievable, Relevant, Time-bound.*

	GOAL	ACTIONS	METRICS	OBSTACLES	SUPPORT
1 YEAR					
5 YEARS					
10 YEARS					

1-year plan

SECTION 3

Main Goals

+ *Describe your ideal health in 1 year.*

GOAL 1	
GOAL 2	

Key Areas to Focus

+ *Choose the areas that will make the biggest impact on your health this year.*

- ○ Nutrition
- ○ Exercise
- ○ Mental Health
- ◉ Sleep
- ○ Preventive Care
- ○ Lifestyle Habits

Quarterly Reflections

+ *Pause every few months to reconnect, realign, and reflect on your progress.*

WHAT'S WORKING?	
WHAT NEEDS ADJUSTMENT?	
HOW DO I FEEL PHYSICALLY AND MENTALLY?	

On the next page, outline the monthly milestones and actions that will keep you growing, progressing, and achieving your year-1 goals. →

1-year plan

SECTION 3

Map out your monthly milestones for 1 year.

+ *Break your 1-year goal into monthly milestones. Choose one focus each month, build momentum, and celebrate your progress.*

	FOCUS	STRATEGY	PROGRESS NOTES
JAN			
FEB			
MAR			
APR			
MAY			
JUN			
JUL			
AUG			
SEP			
OCT			
NOV			
DEC			

5-year plan

SECTION 4

Vision Snapshot

+ *Describe your ideal health in 5 years.*

GOAL 1	
GOAL 2	
GOAL 3	

Yearly Breakdown

+ *Map out your 5-year vision by defining yearly goals, the habits that will shape them, and the milestones you'll celebrate along the way.*

	GOAL(S)	HABITS TO BUILD	SIGNS OF PROGRESS
YEAR 1			
YEAR 2			
YEAR 3			
YEAR 4			
YEAR 5			

10-year plan

SECTION 5

Big Picture Goals

+ *Describe your ideal health in 10 years.*

WHAT WILL "OPTIMAL HEALTH" MEAN TO YOU IN A DECADE?	
WHAT ACTIVITIES DO YOU WANT TO BE CAPABLE OF? *(e.g., running a marathon, playing with grandkids, traveling solo)*	

Forever Habits

+ *Describe the habits you're excited to carry with you into the next decade and beyond.*

HABIT 1	
HABIT 2	
HABIT 3	

On the next page, take a moment to pause each month, power up, and stay aligned with your goals. →

monthly reset

SECTION 6

Your Monthly Snapshot

+ *Wrap up each month by jotting down your achievements, lessons, and next steps to keep your goals moving forward.*

MONTH	
WHAT AM I PROUD OF THIS MONTH?	
WHAT CHALLENGES DID I FACE?	
HOW DID I FEEL + WHAT SUPPORTED ME?	
PROGRESS I MADE TOWARD MY YEARLY GOAL	

Energy levels

+ *Give yourself a quick energy check! Pick the level that best matches how you've been feeling.*

- ◯ High
- ◯ Above Normal
- ◯ Normal
- ◯ Below Normal
- ◯ Low

Is there anything to adjust for the next month?