

Health & Wellness Information

Personal Motivation Log

	Desired Outcome or Behavior Change	Primary Reason	Secondary Reason	Positives of Desired Outcome	Negatives of Desired Outcome	Current Mood	Self Help Identification
EXAMPLE	Quit Drinking	Physical Fitness	Money	Feel better about self	Hard to quit habit	Focused	Friends
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							
Week 6							