



# Accountability Planner

## Gratitudes

- Mon
- Tues
- Wed
- Thurs
- Fri
- Sat
- Sun

## Big Picture

What is my *Why*? Why is aging strong important to me?

\_\_\_\_\_

Where do I want to head?

\_\_\_\_\_

How does this contribute to my farm journey?

\_\_\_\_\_



## July week of

What challenges lie ahead that could affect my goals?

\_\_\_\_\_

How can I prepare for them?

\_\_\_\_\_

## Health & Well Being Goals

Movement: \_\_\_\_\_

Nutrition: \_\_\_\_\_

Spirit: \_\_\_\_\_

Something I will do once this week for my mental health:

\_\_\_\_\_

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun

## Reflections

What went well this week?

\_\_\_\_\_

What did I learn?

\_\_\_\_\_

What tweaks can I make next week?

\_\_\_\_\_

**“And at the end of the day,  
your feet should be dirty,  
your hair messy and your  
eyes sparkling.”**

**– Shanti**



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