

Goals Worksheet Increasing My Physical Activity Level

The current things I do for physical activity:

Activities: _____

Activities I would like to try: _____

My long term goal is: _____

Date goal was set: _____ Date accomplished: _____

My short term goals are: _____

Date goal was set: _____ Date accomplished: _____

Activity: _____

Example: walk for 20 minutes four times a week for six weeks

Week/Date:	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
<i>example</i>		X		X		X	X
Week #1							
Week #2							
Week #3							
Week #4							
Week #5							
Week #6							
Week #7							
Week #8							

Activity: _____

Example: Strength training using hand weights twice a week

Week/Date:	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
<i>example</i>		X		X			
Week #1							
Week #2							
Week #3							
Week #4							
Week #5							
Week #6							
Week #7							
Week #8							

Notes: _____
