

# My Goals for Being Active

Use this worksheet to plan out what healthy activities you can do in your every day life.



Include daily movement

What are my goals?

I want to improve my health by: (Example: Getting more exercise)

\_\_\_\_\_

My goal for this week is to: (Example: Go on two 30-minute walks)

\_\_\_\_\_

My plan to reach this goal:

When I will do it: (Example: On my lunch break)

\_\_\_\_\_

Where I will do it: (Example: At the park)

\_\_\_\_\_

How often I will do it: (Example: Mondays and Wednesdays)

\_\_\_\_\_

What might get in the way of my goal: (Example: Changes to my schedule)

\_\_\_\_\_

What can I do about it: (Example: Pick a different day to go on a walk)

\_\_\_\_\_

How confident am I that I can reach my goal? (Circle where you are)



Not at all confident

Very little

Somewhat

Very much

Totally confident



Walk for 10 minutes after meals



Try a new sport or activity



Move every 30 minutes



Add stretching to routine



Play with your children

My first step will be: \_\_\_\_\_