Goal-setting & Action-planning Worksheet

Thank you for your participation in this important project. One of the most important steps on your health journey is to set goals and plan! A useful guideline for goal-setting is to make sure your goals are SMART.

Specific

Measurable

Achievable

Realistic

Time-oriented

My physical activity goal for the next 12 weeks:

I want to be active for minutes per day, on days per week.

Possible activities that I am able to do, and I would enjoy doing (i.e., walking, swimming, cycling, dancing, yoga, weight-lifting etc.):

1)

2)

3)

The first steps towards achieving my goal are:

1)

2)

3)

Action Planning

Some potential obstacles that may get in the way of my goals:

1)

Solution:

2)

Solution

3)

Solution:

The following 3 points will give me motivation when I don’t want to do it anymore:

1)

2)

3)