

# Your physical activity goal



Date: \_\_\_\_\_

My long-term physical activity goal is to

\_\_\_\_\_

by \_\_\_\_\_

(e.g. My long-term activity goal is to exercise 5 days in a week for 30 minutes each day by a specific date.)

My short-term physical activity goals are to

1. \_\_\_\_\_ by \_\_\_\_\_ and \_\_\_\_\_
2. \_\_\_\_\_ by \_\_\_\_\_ and \_\_\_\_\_
3. \_\_\_\_\_ by \_\_\_\_\_ .

**I plan to achieve my goals through these specific actions.**

Do these activities:

--

This often:

--

At this level:

--

For this long:

--

**The rewards for reaching my goals are:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

# 10 tips for developing your goals

1. Be realistic: Realistic goals are the ones that you can accomplish easily by putting in your effort but that are difficult enough to be challenging. Set goals you know you can attain. Set smaller goals.
2. Be specific: Vague or very general goals are difficult to accomplish. Specific goals help you determine whether you have accomplished what you set out to do.
3. Personalise: A realistic goal for one person can be unrealistic for another. Base your goals on your own individual needs, interests and abilities.
4. Put your goals in writing. Writing down a goal represents your personal commitment and increases the chances that you will meet that goal.
5. Know your reasons for setting your goal. Ask yourself why. Make sure you are setting goals for yourself based on your own needs and interests such as to lose weight, look good and confident.
6. Self-assess periodically and keep a log. Doing self-assessments will help you set your goals and determine whether you have met them. Keeping logs will help you determine whether you have met physical activity goals.
7. Set new goals periodically. Achieving your personal goal is rewarding. You'll feel good. Congratulate yourself.
8. Revise your goal. If you find your goal is too difficult to achieve, it is always fine to revise your goals. It is always better to revise your goal to an easier one that you can achieve than calling quit.
9. Reward yourself. If you have achieved your goals, tell somebody! Your efforts deserve credit.
10. Enjoy activities with others. Friends can keep friends going and can give each other a pat on the shoulder whenever a goal is achieved.