

# Exercise Goal-Setting Worksheet

Your success depends on setting goals that really matter to you. Write down your goals. Put them where you can see them and renew them regularly.

## Short-term Goals

Write down at least two of your own personal short-term goals. What will you do over the next week or two that will help you make physical activity a regular part of your life?

<b>1</b>	
<b>2</b>	
<b>3</b>	

## Long-term Goals

Write down at least two long-term goals. Focus on where you want to be in 6 months, a year, or 2 years from now. Remember, setting goals will help you make physical activity part of your everyday life, monitor your progress, and celebrate your success.

<b>1</b>	
<b>2</b>	
<b>3</b>	

Adapted from: Exercise & Physical Activity: Your Everyday Guide from the National Institute on Aging.  
Available at <http://www.nia.nih.gov/HealthInformation/Publications/ExerciseGuide/default.htm> Accessed May 6, 2009.