

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?

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3	

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.

1	
2	
3	

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.