## Goal Setting Worksheet



## 1. **Setting Your Goal**

In the next eight weeks, my main g	oal(s) is/are: (check all that apply)
☐ Lose weight (# of lbs:)	☐ Get more strength
☐ Exercise more often	☐ Get more energy
Make better eating choices	☐ Achieve the PALA*
□ Be more physically active	Other (describe)
*(PALA) requires participation in physical activi	to the surrounding Edward and San Council

## 2. **Choosing Activities To Meet Your Goal**

In choosing activities, remember that:

- You don't necessarily need to spend lots of money on exercise equipment or memberships in gyms — lots of physical activity can be done by yourself with things you already have handy.
- You can choose an organized sport (e.g., join a team), but you can also do activities associated with a sport by yourself.
- You should work with your mentor to choose the most appropriate physical activities for you.

Some examples of activities you can do either on your own or with others include:

Bicycling using either legs or an arm cycle Gardening Arm dancing Chair Aerobics Soccer Dancing Baseball or Softball Golfing Basketball Water Exercise Swimming **Bowling** Weightlifting (weights, canned goods, bricks) Yoga Walking or Jogging Wheeling

According to the Paperwork Reduction Act of 1995, no persons are required to respond to a collection of information unless it displays a valid OMB control number. The valid OMB control number for this information collection is 0990- XXXX. The time required to complete this information collection is estimated to average XX hours or xx minutes per response, including the time to review instructions, search existing data resources, gather the data needed, and complete and review the information collection. If you have comments concerning the accuracy of the time estimate(s) or suggestions for improving this form, please write to: U.S. Department of Health & Human Services, ASRT/OCIO/PRA, 200 Independence Ave., S.W., Suite 531-H, Washington D.C. 20201, Attention: PRA Reports Clearance Officer.

 $<sup>\</sup>Lambda$ LA) requires participation in physical activity 1 hour per day, 5 days per week for 6 weeks

A.	In the box below, write down spec achieve in the next eight weeks.	cific physical activity goals you would like to	
В.	Which days each week would I like to do my physical activity? (check days) (PALA requires 5 days per week)		
	☐ Sunday	☐ Thursday	
	☐ Monday	☐ Friday	
	☐ Tuesday	☐ Saturday	
	Wednesday		
C.	ŕ	k on my goal on the days I selected? utes per day for 5 days)	
C.	How much time will I spend to work		
C.	How much time will I spend to work (check one) (PALA requires 60 minutes)	utes per day for 5 days)	