Goal Setting Worksheet



Participant ID:	
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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

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 $[\]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)	