

# Goal Setting Worksheet



Participant ID: \_\_\_\_\_

## 1. Setting Your Goal

**In the next eight weeks, my main goal(s) is/are:** *(check all that apply)*

- |  |   |
|--|---|
| <input type="checkbox"/> Lose weight (# of lbs: _____) | <input type="checkbox"/> Get more strength      |
| <input type="checkbox"/> Exercise more often           | <input type="checkbox"/> Get more energy        |
| <input type="checkbox"/> Make better eating choices    | <input type="checkbox"/> Achieve the PALA*      |
| <input type="checkbox"/> Be more physically active     | <input type="checkbox"/> Other (describe) _____ |

\*(PALA) requires participation in physical activity 1 hour per day, 5 days per week for 6 weeks

## 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  |             |

A. In the box below, write down specific physical activity goals you would like to achieve in the next eight weeks.

B. Which days each week would I like to do my physical activity?  
(check days) (PALA requires 5 days per week)

- |                                    |                                   |
|------------------------------------|-----------------------------------|
| <input type="checkbox"/> Sunday    | <input type="checkbox"/> Thursday |
| <input type="checkbox"/> Monday    | <input type="checkbox"/> Friday   |
| <input type="checkbox"/> Tuesday   | <input type="checkbox"/> Saturday |
| <input type="checkbox"/> Wednesday |                                   |

C. How much time will I spend to work on my goal on the days I selected?  
(check one) (PALA requires 60 minutes per day for 5 days)

- |                                     |                                       |
|-------------------------------------|---------------------------------------|
| <input type="checkbox"/> 20 minutes | <input type="checkbox"/> 50 minutes   |
| <input type="checkbox"/> 30 minutes | <input type="checkbox"/> 60 minutes   |
| <input type="checkbox"/> 40 minutes | <input type="checkbox"/> Other: _____ |