



Physical Activity Goals – Easy As 1-2-3

When taking a trip to new places, you can easily get lost without a map. By setting physical activity goals, you create a map that helps guide you toward new habits. Here are three easy steps to effective goals.

1) Where do I want to go?

Long-term Goal (1 month to 3 months)

By _____, I will _____. I will know I have reached this goal
(date) (action)
by _____ and will reward myself by _____.
(tracking method) (reward)

2) How am I going to get there?

Short-term goals are the more immediate steps you will take on the way to attaining your long-term goals. You use the same goal-setting format but the timeframe in which you work toward the goal is much shorter. And you may have more than one short-term goal.

Short-term Goals (1 week to 1 month):

By _____, I will _____. I will know I have reached this goal
(date) (action)
by _____ and will reward myself by _____.
(tracking method) (reward)

By _____, I will _____. I will know I have reached this goal
(date) (action)
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(date) (action)
by _____ and will reward myself by _____.
(tracking method) (reward)



Action Strategies:

In the space below, list all the ideas, strategies, or actions you can think of to help you reach your short-term goal(s). Examples:

- Use the stairs instead of the elevator to add extra steps to my day.
- Keep walking shoes in the car so I can stop at the park on my way home.

Circle the ideas that are the most likely to help you reach your short-term goal(s).

Remember, make sure your long- and short-term goals are:

- something you want to do for yourself.
- realistic for you.
- something easy to measure and track (i.e., very specific).

3) How will I know when I have gotten there and what do I do next?

Whenever you set new goals, also do a plan for tracking your progress. This will help you see your successes and make it easier to change your plans when you face barriers. A calendar, a day planner, or even a piece of paper taped to your computer or refrigerator is a good way to keep up with your progress toward your goals.

List the ways you will track your progress in the space below. For example,

- write my total daily steps on my calendar each night.
- send a text message to my phone whenever I walk for 10 minutes or more.

When you reach your goal, reward yourself for a job well done! Then set a new goal. Describe ways you could reward yourself for reaching your goals below. Refer to this list as you set new goals.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____