

TAKE CHARGE

TRANSPLANT

Goal setting for exercise Instructions / Examples

1. Clarify the goal

Clarify the goal: Get 60 minutes of exercise every day.

2. Identify possible courses of action

The point here is to come up with lots of options. Even if some seem bad, it might get you thinking about other options that could work well.

Possible courses of action: Cycle to school, join the football team, learn to dance, lift weights when it's safe to do so, play tennis, walk the dog, swimming

3. Come up with a plan and put it into action

Come up with a plan and act on it: I'll cycle to and from school every day and go swimming at the weekend.

4. Evaluate and make changes if necessary

Evaluate: It's been a month and I'm already feeling fitter. I didn't cycle to school every day, but I will do it three times a week and start taking turns walking the dog in the evenings.

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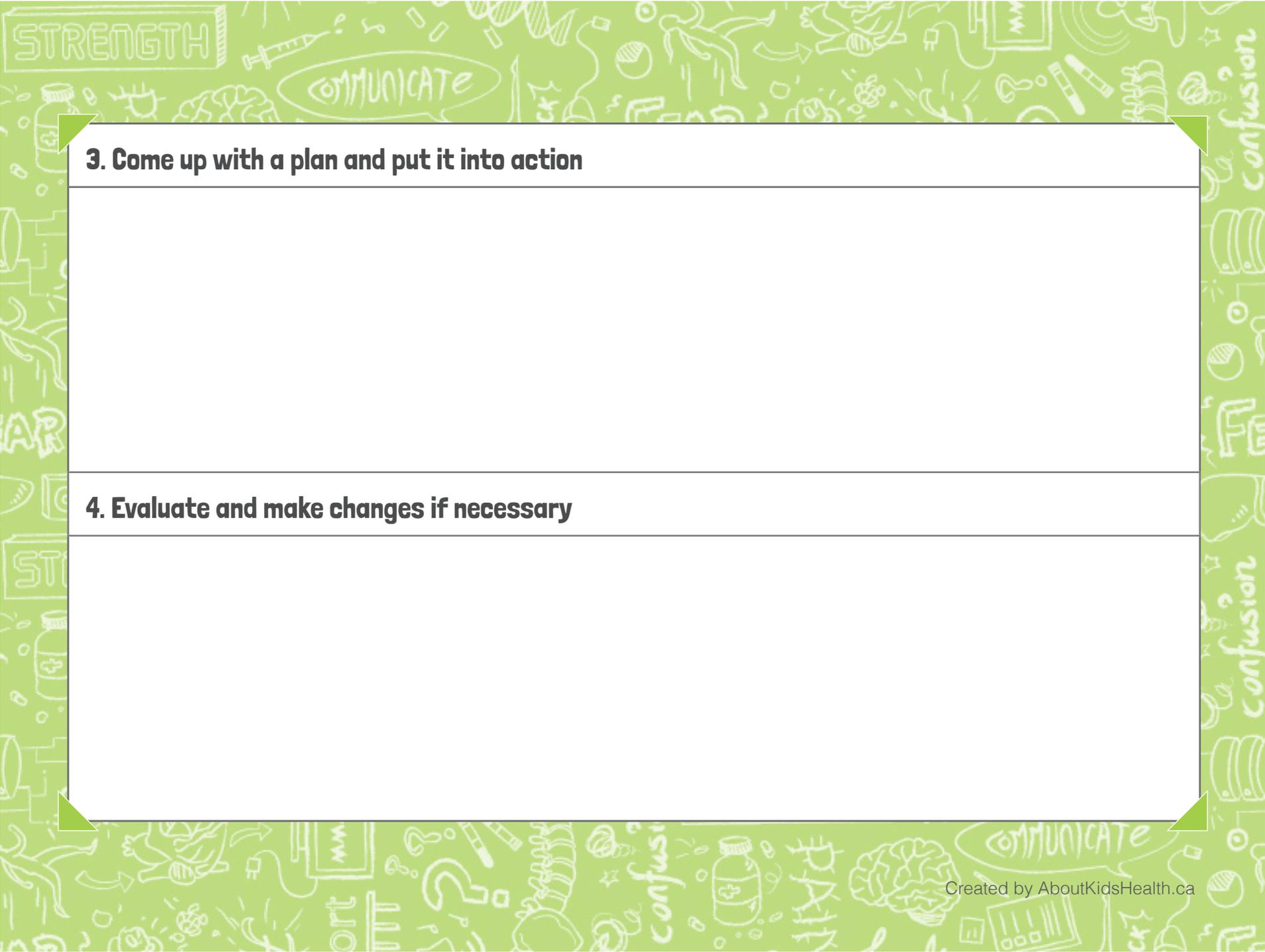
■ **Goal setting for exercise**

Name

Date

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