

CSEP-PATH: GOAL SETTING WORKSHEET

Complete the following exercise to make a formal record of your overall physical activity goals and obstacles. It's OK to dream a little and make these long-term goals something you'd like to achieve over a year or so – just be sure to keep them realistic for you. Once you have completed part 1, proceed to breaking down the overall goals into a more specific set of short-term goals and actions for the next 1–4 weeks. This may also serve as a tool to help practice SMART goals:

Specific: Well-defined clear actions. “I will be more active each week, during my lunch hour at work”.

Measurable: Objective and quantifiable so both you know when they've been achieved. “I will aim for 3 times a week for 4 weeks in a row”.

Actionable: Based on things you will do. “I will walk twice a week and join a class once a week”.

Relevant: They must be important and meaningful to you. “It is important to me to be more active on a consistent basis, during the day.”

Timed: Without a set deadline, there is no sense of urgency. “I will begin on Monday and track my progress”.

My long-term physical activity goal is: _____

To achieve this, I need to focus on: _____

I am willing to do the following to make it happen: _____

Others will know about the change I am making when: _____

I might sabotage my plan by: _____

Therefore, my promise to myself is: _____

Goals and Actions

Goal #1: _____

Actions: _____

Goal #2: _____

Actions: _____

Goal #3: _____

Actions: _____

Success Indicators

1. _____

2. _____

3. _____

Date for next assessment: _____