

Setting goals

for physical activity

Setting goals is an important way to help increase your physical activity.

This handout will help you to:

- 1) learn how active you are now
- 2) set SMART goals
- 3) make smaller goals to help reach your SMART goals

Answer the following questions. Write your answer in the space provided.

What are you doing NOW?

What activities do you do now?

How often during the week are you active? (Once a week? Twice a week? Daily?)

How long are your physical activity sessions? (15 minutes or less? Only a few minutes each time? 30 minutes or more?)

What activities would you LIKE to do?

What physical activities do you enjoy doing and find fun?

Are there activities that you are willing to try?

Setting goals can help you stay physically active.



Setting SMART goals

SMART goals are goals that are right for you.

Read the chart below to learn how to set a SMART goal.

| | Description | Example |
|----------|---|--|
| S | Specific Describe your goal clearly | Walk 30 minutes/day, 5 days a week. I will walk fast enough to be sweating and breathing heavily. |
| M | Measurable How will you track the activity? | I will record how long I walked and the date of each walk. |
| A | Achievable Can you meet this goal? | Yes, I will increase the amount of time I walk each week, until I reach 30 minutes/day. |
| R | Rewarding Is this goal meaningful or rewarding to me? | Yes, I will see many health benefits that are important to me. |
| T | Realistic Timeline Is my timeline doable? How long will it take me to reach this goal? | Yes, I would like to reach my goal in 6 months. |

My own SMART chart

Use this as a tool to help you set your goals.

For each SMART goal you set, choose a goal that focuses on doing the **activity** (such as walking, swimming or cycling), rather than a **result** (such as weight loss).

| | | My own SMART goals |
|----------|--------------------|--------------------|
| S | Specific | |
| M | Measurable | |
| A | Achievable | |
| R | Rewarding | |
| T | Realistic Timeline | |

Making small goals first

A great way to reach a SMART goal is to first break it into smaller goals or steps!

Read the example below to learn how one person set many small goals in order to reach a SMART goal.

| SMART goal: In 6 months, I will be walking for 30 minutes/day, five days a week! | |
|--|--|
| Timeline | Small Goals: |
| 1 st month | By the end of my first month, I will be walking at least 10 minutes/day, 3 days a week. |
| 2 nd month | By the end of my second month, I will be walking at least 20 minutes/day , 3 days a week. |
| 3 rd month | By the end of my third month, I will be walking at least 30 minutes/day , 3 days a week. |
| 4 th month | By the end of my fourth month, I will be walking at least 30 minutes/day, 4 days a week . |
| 5 th month | By the end of my fifth month, I will be walking at least 30 minutes/day, 5 days a week . |
| 6 th month | I will continue to maintain walking for at least 30 minutes/day, at least 5 days a week. |

Setting your own small goals

In the table below, create small goals or steps which will help you to reach your SMART goal. Set timelines for each small goal.

Write your SMART goal here:

| Your Timeline (months, weeks, days, etc.) | Small Goals or Steps |
|---|----------------------|
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