

Setting goals for physical activity

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

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?)

This handout for adults will help you to:

- learn how active you are now,
- set SMART goals,
- make smaller goals to help reach your SMART goals.

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?

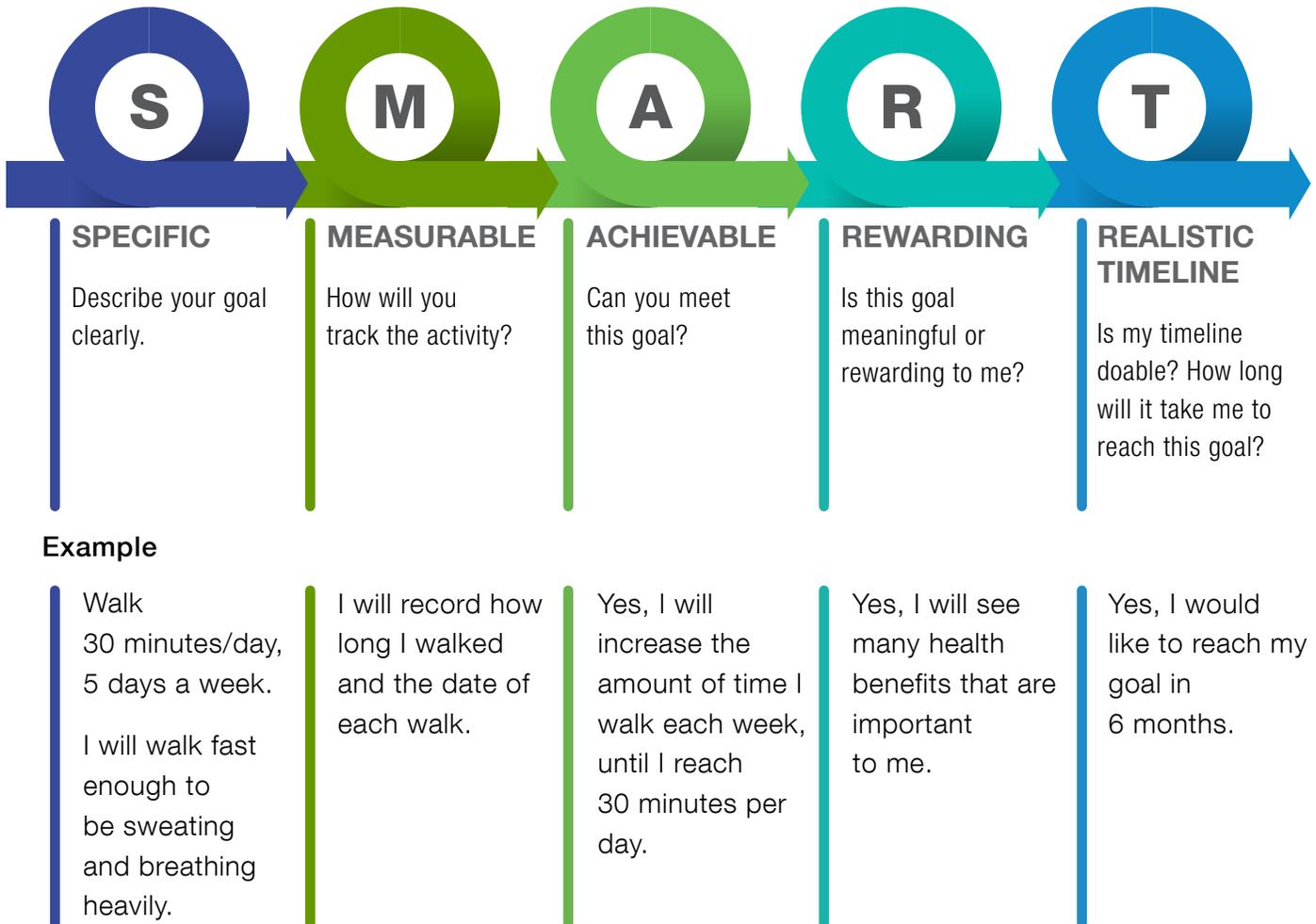
Setting goals can help you stay physically active.



Setting SMART goals

SMART goals are goals that are right for you.

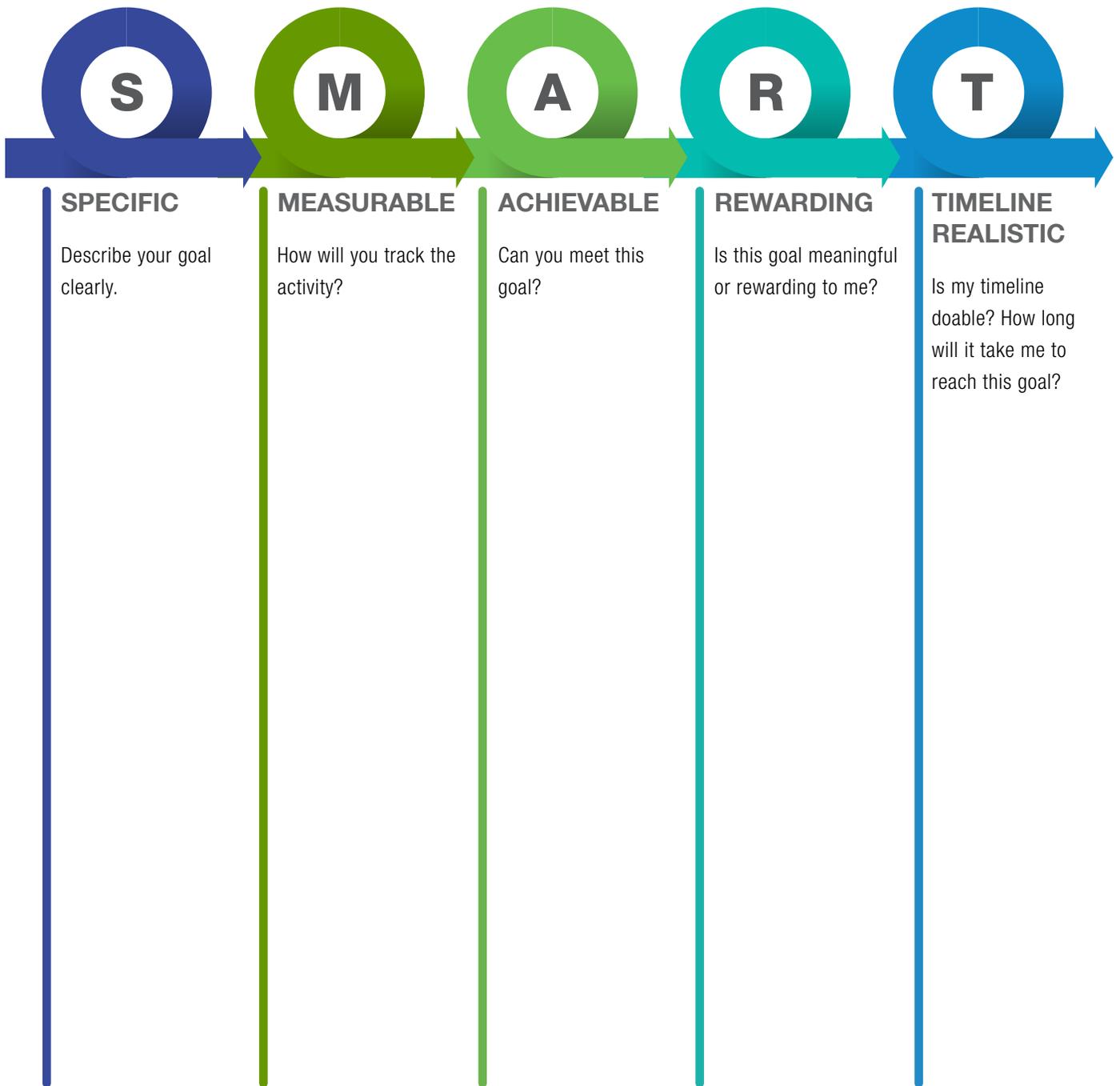
Read the chart below to learn how to set a SMART goal.



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).



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 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)	Small Goals or Steps

- Topics in this toolkit:
- A. Taking the first step: deciding to be physically active
 - B. Making a physical activity plan
 - C. Setting goals for physical activity
 - D. What stops you from being physically active?
 - E. Benefits of physical activity
 - F. Physical activity and your blood pressure
 - G. High blood pressure safety
 - H. Physical activity and Type 2 diabetes
 - I. Diabetes safety
 - J. Healthy weight and physical activity
 - K. Physical activity and anxiety
 - L. Anxiety safety
 - M. Physical activity and chronic heart failure
 - N. Chronic heart failure safety
 - O. Physical activity and stroke
 - P. Stroke safety
 - Q. Physical activity and Parkinson's Disease
 - R. Parkinson's Disease safety
 - S. Physical activity and dementia
 - T. Dementia safety