

Application**18****DEVELOPING YOUR PERSONAL PLAN
STEP III: SET GOALS** *(continued)***Part 2—Setting Activity Goals**

Use the table below to write down your physical activity and fitness goals. Remember to keep goals realistic, specific, and personal. If you are a beginner, focus on physical activity goals first. If you are already physically active, include fitness goals as well.

My Physical Activity Goals

Short-term goals		
Physical activity	Days per week	Weeks (up to 4)
1.		
2.		
3.		
4.		
Physical fitness (not for beginners)	Number or score	Completion date
1.		
2.		
3.		
4.		

Long-term goals		
Physical activity	Days per week	Weeks (4 or more)
1.		
2.		
3.		
4.		
Physical fitness (not for beginners)	Number or score	Completion date
1.		
2.		
3.		
4.		