

CREATE A GOAL

Specific. Measurable. Action-oriented. Realistic. Time-oriented



Assess your current level of physical activity

Check out the links to the right on recommended physical activity guidelines.



Focus on one thing at a time

Focusing on one thing makes it easier to accomplish goals. Whether it is aiming to workout 3 days a week, or walking during lunch, pick one aspect to put all your energy into.



Identify required resources

Make sure you have, or can easily get necessary resources to accomplish your goal. Some examples include enough space, weights, proper clothing, or enough time. More than one resource may be needed.



Make the goal work for you

How long will it take to reach your goal? Whether it is a long or short term goal, this goal should not require a drastic lifestyle change. Think about your current schedule and how the goal fits into your time.



Have fun!

Set up checkpoints to measure your progress and reward yourself when you meet the checkpoint. You can do it! Let's get moving!