





Goal Setting Worksheet

	y goal for tl kercising):	ne nex	t montl	n is (What	l wai	nt to do –	examp	le: start	
	y action pla ow often)	n (Sor	mething	l want to d	o this	s week. Be	e specifi	c, what, w	here,
	ne things the		make i	t hard for r	ne to	reach m	y goal.	(Weather	, pain,
	will do this t alk with a fr	-	me re	ach my go	al (e)	cercise in	doors, p	oack my lu	nch,
	ne help I wil ore informat		l to read	ch my goal	(frie	ends, fami	ly, healt	hcare tea	m,
_	pelieve that	l can	reach m	ıy goal:					
1	2 Not at all	3	4	5 Somewhat	6	7	8	9 Very Su	10 ure
F	ollow up pla	ın (hov	w – pho	ne, e-mail,	clinic	visit and	when):		
D	ate for follo	w-up_							