

Goal Setting Worksheet

What would you like your activity level to look like in 3 months from now? Describe in detail how your overall vision will look (as if you were describing a scene to someone else).

What would your life be like if you achieved this? How would you feel?

List 3 personal SMART goals (see next page) that you will achieve in the next 3 months.

1.

When I reach this goal I will reward myself with :

2.

When I reach this goal I will reward myself with :

3.

When I reach this goal I will reward myself with :

Signed: _____

Date: _____

Goal Setting Worksheet - Notes

Using this worksheet will help you get clear on what your goals are for your activity levels. When setting your goals consider the following:

SMART GOALS –

SMART goal setting brings structure and accountability to your goals and helps bring them closer to reality. Smart goals are ones that are:

Specific Try to be as specific as you can by answering who, what, when, where, which and why

Measurable How will you know when you have reached your goal, what will your measure be? This helps refine what exactly it is you want to achieve.

Attainable When you identify your goals, you must then figure out how you can make them come true – what attitudes, abilities and skills do you need to achieve them? Is your goal too high / too low?

Realistic Your goal must be something that you are willing and able to work towards. You must truly believe you can accomplish it.

Timely Every goal needs to have a time frame linked to it. Having a deadline to achieve your goal can help move you into action. Breaking down the timeline into smaller time frames for actions can help keep you on track.

An example of a SMART goal might be:

“I will walk around the river trail for 40 minutes, 3 times a week for the next 4 weeks.”

Something else to keep in mind when setting SMART goals is to make sure that they are written in a positive way. Energy follows thought so make sure you are focusing on what it is you want to achieve rather what you want to avoid! Becoming a better version of you starts by being SMART!

REWARDS:

You would think that rewarding ourselves is easy but surprisingly many of us struggle with this! Research tells us that if you reward yourself when you reach your goals it will increase the likelihood that you will stick with your exercise programme.

What better excuse do you need to treat yourself?!

If you are stuck for ideas, here are some rewards that have worked for women I have worked with previously. As you can see they can be big or small and ideally will help support you to become even more active.

A massage

New walking or running shoes

New tracksuit

Skipping rope

Yoga mat

Joining a new exercise class

Tickets to a show

Joining a gym

Trip abroad

Movie

Fresh flowers

Trip to the hairdressers

Facial

Night out with their partner

New clothes