**Physical activity goal**

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| **My goal is (exactly what am I going to do? Is it small enough/realistic?)**  Today’s date: Review date: |

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| 1. **How can I make sure I set up my environment to support this goal? What can I do to make it easier?** 2. **Who could help me?** 3. **What might get in my way?** 4. **How I can get round what might get in my way?** 5. **What days/times will I do it?** 6. **When will I start?** 7. **How will I remember?** |