

GOAL-SETTING WORKSHEET #1: IDENTIFYING YOUR SHORT-TERM GOALS

Identify at least two or three of your own short-term goals. If you have more goals, write them down now. Remember that each goal should be **S-M-A-R-T**—**S**pecific, **M**easurable, **A**ttainable, **R**elevant, and **T**ime-based. Setting these short-term goals will help motivate you to make the program a regular part of your life.

MY SHORT-TERM GOALS

Examples:

- ▲ I will talk to my doctor about starting this program.
- ▲ I will buy the equipment I need and get ready to exercise within 2 weeks.
- ▲ I will look at my calendar and schedule 2 or 3 45-minute blocks of time for exercise each week.
- ▲ I will invite my spouse/friend/family member to join me in these exercises.

SMART

MY PERSONAL SHORT-TERM GOALS:

1.

2.

3.

4.

5.

GOAL-SETTING WORKSHEET #2: IDENTIFYING YOUR LONG-TERM GOALS

Identify at least two or three long-term goals. If you have more goals, write them down now. Are there activities that you want to do more easily over the long term? Are there things that you haven't done in some time that you want to try again? Listing these goals will help you stay with the program, see your progress, and enjoy your success. (Don't forget to use the **S-M-A-R-T** technique.)

MY LONG-TERM GOALS

Examples:

- ▲ I will do each exercise 2 or 3 times each week. Within 3 months, I will do each exercise with 5-lb weights.
- ▲ After 12 weeks of the program, I will take the stairs instead of the elevator.
- ▲ I will be able to walk to the store or office.
- ▲ I will do my own vacuuming.
- ▲ I will play golf.
- ▲ I will reduce some of the pain and stiffness from arthritis.

SMART

MY PERSONAL LONG-TERM GOALS:

1.

2.

3.

4.

5.