

# Goal-Setting Worksheet

Your success depends on setting goals that really matter to you. Write down your goals, put them where you can see them, and renew them regularly.

## SHORT-TERM GOALS

Write down at least two of your own personal short-term goals. What will you do over the next week or two that will help you make physical activity a regular part of your life?

1.

2.

3.

## LONG-TERM GOALS

Write down at least two long-term goals. Focus on where you want to be in 6 months, a year, or 2 years from now. Remember, setting goals will help you make physical activity part of your everyday life, monitor your progress, and celebrate your success.

1.

2.

3.

