

Define Your Exercise Goals

Your goals are about you and for you. Other people's fitness goals should not interfere with ones you set for yourself.

- Write down your goals.
- Your goals need to be clear and measurable. In other words, will they be easy to identify and actually reach? Clearly defined goals are more readily achieved.
- Review and adjust your goals as needed. It is not uncommon to change goals.
- Although this may seem time consuming, it will help you reach your goals. Unwritten goals tend to be vague and easy to forget.



Writing down goals gives them more importance.

Write Down Your Short-Term Goals

Fitness Goals	Current Status	Reasons for Goal	How It's Measured
Example: "I want to walk 3 miles in 3 weeks."	<ul style="list-style-type: none">• Don't do any exercise• Moderately overweight	<ul style="list-style-type: none">• Feel better (more energy)• Lose 10 pounds	<ul style="list-style-type: none">• Increased stamina• Number of pounds lost

More Information

CDC (Center for Disease Control and Prevention)
800.CDC.INFO
(232.4636)
www.cdc.gov

Healthfinder.gov
www.healthfinder.gov

Write Down Your Long-Range Goals

Read the following example:

“I want to increase my endurance level so that I can run in a 5 Kilometer race 6 months from now.”

- I will make a chart for what I need to do after the two-week point.
 - I will establish a comfortable time frame after the two-week mark.
 - I will begin a walk/run program on: _____ (date).

I will read about jogging and ask a jogger for advice before beginning.

Learn the right warm-up techniques before I begin.

Select the right equipment and plan a time to exercise.

Check with my doctor to get approval for starting my fitness program (if needed).

Note: Start at the bottom step.

Your turn:

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