

## 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"><li>• Don’t do any exercise</li><li>• Moderately overweight</li></ul>	<ul style="list-style-type: none"><li>• Feel better (more energy)</li><li>• Lose 10 pounds</li></ul>	<ul style="list-style-type: none"><li>• Increased stamina</li><li>• Number of pounds lost</li></ul>

## More Information

CDC (Center for Disease Control and Prevention)  
800.CDC.INFO  
(232.4636)  
[www.cdc.gov](http://www.cdc.gov)

[Healthfinder.gov](http://Healthfinder.gov)  
[www.healthfinder.gov](http://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.”

**Note:** Start at the bottom step.

Following example:

1. I will increase my endurance level by running in a 5 Kilometer race from now.”

2. I will begin a walk/run program on: \_\_\_\_\_ (date).

3. I will establish a comfortable time frame after the two-week mark.

4. I will make a chart for what I need to do after the two-week point.

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

6. I will learn the right warm-up techniques before I begin.

7. I will select the right equipment and plan a time to exercise.

START HERE

**Your turn:**

Note: Start at the bottom step

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The diagram shows a staircase with six steps, each labeled "I will" with a red square icon. A vertical arrow on the left points downwards from the top step to the bottom step, with the text "START HERE" at the bottom.