

What could interfere with my plan?

Setting a goal is one of the keys to success. Make it small, clear, and doable.

Name one possible obstacle to exercising regularly. _____

What can you do to prevent it from being a problem? _____

Who can help you stay on track? _____

How can this person help? _____



What is my next step?

Here are some ideas to make exercise a way of life. Check any that apply and/or add your own.

I will take the stairs instead of the elevator.

I will walk instead of driving.

Changing habits takes time. You can do it, one step at a time.



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Preparing to exercise

Stage of change Preparation

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This pamphlet is for you if you are ready to start exercising.

What is my exercise goal?



Is this the right goal for me?



What motivates me?

Setting a goal is one of the keys to success. Make it small, clear, and doable.

What type of exercise will you do?

For how long? _____

How many times a week? _____

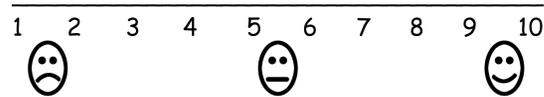
What days of the week will you do it?

Mon	Tue	Wed	Thu	Fri	Sat	Sun
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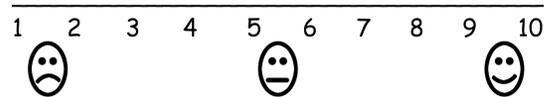
When will you start? _____

To know if this is the right goal for you, answer the following questions.

How important is this goal to me?



How confident am I that I can meet this goal?



Did you choose a number less than seven? If so, you need to think again about the goal you chose.

Is it small, doable, and realistic? If not, set another one.

You have made an important decision. Let's look at why you made this decision. Check any that apply and/or add your own.

- I want to have more energy.
- I want to lose weight.
- I want to lower my blood sugar (or blood pressure, or cholesterol).
- _____