

Titan Workouts!

Goal Setting & Active Planning

Goals work best when they are specific, measurable and attainable. A goal of exercising one time a week is specific and it is something you will know if you do it. Think of what might be a good goal for you and write it below.

To meet your goal, creating a concrete plan is useful. Think about what you are going to do, when you are going to do it and where you are going to do it. **The more specific the better!** Post this in a location where you will see it like your fridge.

My Exercise Goal:

Fill in the goal below or write your own.

I will exercise _____ times per week for the next _____ months

My Plan to Achieve my Exercise Goal is:

What are you going to do?

(e.g. Follow the workout videos, go for a walk...)

When are you going to do it?

(e.g. Monday after work)
Be specific by listing days and times

Where are you going to do it?

(e.g., at Lindbergh park; in my living room)