

Are you Struggling to Make your Health & Fitness Goals a Reality?

Have you tried to set goals to improve your health & failed?

YOU ARE NOT ALONE!

- **Action Plans** outline WHEN, WHERE, & WITH WHOM you will be physically active.
- This tool has been shown to help people turn their personal health goals into action.
- They are effective because they create a detailed image in your head of how you will enjoy turning your health and fitness goals into action.

People who make action plans are more likely to...

- ⇒ **Start** being physically active, & do so faster
- ⇒ Successfully **continue** to achieve their goals
- ⇒ **Notice opportunities** to carry out their goals

Put your thoughts into action & achieve your health goals!

WRITE DOWN...

- * **WHY** you want to achieve the goal → Enjoyment, personal challenge, spending time with loved ones.
- * **HOW** physical activity will fit into your weekly schedule → Check out local activities.
- * **WHEN & WHERE** you will do the activity → be specific (e.g., time of day, a specific trail you will run)
- * **WHAT** do you need for the activity? → Be prepared (e.g., workout plan & equipment)

Image

EXAMPLE—MY PLAN

Long-term goal: Exercise at least 3 days/week

Monday: 5:00pm—Yoga at the gym with Rebecca, she said this was a relaxing but challenging class.

***I need my mat, water bottle, & yoga clothes

Wednesday: 6:00 am—Spin - with Jess

***This is early but I want to try this class because I have heard the instructor Jess is a lot of fun.

Thursday: 5:00—H.I.I.T Class with Tyler

***I need a water bottle, towel, and I need to bring a good snack because Tyler says I will be hungry when I'm done.

Make a plan & take the steps to achieve your health goals TODAY!