

Week 1 – My Exercise Goals

My exercise goal for this week is: _____

When I will do my exercise: _____

Where I will do my exercise: _____

How often I will do my exercise: _____

What might get in the way of my plan: _____

What I can do about it: _____

How confident am I that I can achieve my exercise goal (please circle one):

| | | | | |
|---------------------------------|-------------------------------|-------------------------------|----------------------|------------------------------|
| Not at all confident | A little confident | Somewhat confident | Very sure | Totally confident |
|---------------------------------|-------------------------------|-------------------------------|----------------------|------------------------------|