



A goal-setting guide for a
healthy & active life

Goals for a Healthy and Active Life

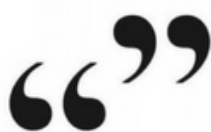
Pick an activity that you ENJOY



Be creative! Challenge yourself to try new and varied activities!



Find a friend that will help you achieve your fitness goals, join them in their favourite activity!



Post a quote in a visible place that inspires you to reach your goals.

Set goals that focus on enjoyment, health, personal challenge and development as these types of goals tend to lead to long term adherence.



HOW TO SET SMART GOALS?

Specific: I want to run a triathlon with my kids.

Measurable: I want to spend 5 hours training with my kids weekly.

Adjustable: I can pick the days that we train.

Realistic: I want to spend about an hour/day, 5 days a week training with my kids.

Time-based: The triathlon is in 8 months.

Final goal: I want to train with my kids for 5 hours/week to get in shape for the triathlon in 8 months, I can pick the days that we train and we will train about an hour/day, 5 days/week.

My Activity Goals

Training zones

Moderate: increased heart rate

Vigorous: increased breathing rate and difficulty keeping a conversation

Moderate activity:

Brisk walk

Light yoga

Light bike

Mow lawn

Light swim

Vigorous activity:

Run

Zumba

Mountain biking

Basketball

Dancing

WHY I want to maintain/increase my physical activity levels:

Activities I want to TRY:

Activities that I ENJOY:

My SMART goal

Specific: _____

Measurable: _____

Adjustable: _____

Realistic: _____

Time-based: _____

Final goal: _____

Dream big
Set goals
Take action

