

Goal-Setting Worksheet

Your success depends on setting goals that really matter to you. Write down your goals, put them where you can see them, and renew them regularly.

SHORT-TERM GOALS

Write down at least two of your own personal short-term goals. What will you do over the next week or two that will help you make physical activity a regular part of your life?

1.

2.

3.

LONG-TERM GOALS

Write down at least two long-term goals. Focus on where you want to be in 6 months, a year, or 2 years from now. Remember, setting goals will help you make physical activity part of your everyday life, monitor your progress, and celebrate your success.

1.

2.

3.



National Institute on Aging

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