

Planning Worksheet

This worksheet is designed for you to plan ahead for how you'll accomplish your goals. Start by coming up with a few goals you'd like to accomplish this week. Make your goals as specific as possible, so you know exactly when and where you'll do the activity. Then, consider the potential barriers that are most likely to interfere with you reaching your goal. If you have thought about these barriers in advance and have a plan in place for overcoming them, you'll be well prepared to meet your goals. We have included an example in the first row of the table.

Goal (type of physical activity)	WHEN and WHERE do you plan to do this activity?	What potential BARRIERS might interfere with your plans?	What STRATEGY will you use to overcome this barrier?
<i>Ex. I will walk for 15 minutes 3x this week</i>	<i>Ex. At the beginning of my lunch hour on Mon, Wed, and Fri</i>	<i>Ex. 1) too busy at work, 2) friends invite me to lunch</i>	<i>Ex. 1) I will take my walk after dinner, 2) I will suggest walking to a restaurant</i>