



WORKOUT SCHEDULE:

Which days of the week can you realistically schedule exercise? (circle)

Monday Tuesday

Wednesday Thursday

Friday Saturday Sunday

How much time can you realistically commit to exercising each day?

EXERCISE BARRIERS

What barriers could realistically interfere with your ability to regularly exercise? (list below—examples could include time, work, travel, discomfort at the gym, you don't enjoy exercise, etc.) Be honest!

- 1.
- 2.
- 3.
- 4.

OVERCOMING BARRIERS

List strategies below for overcoming your personal barriers to exercise. For instance, if discomfort at the gym is a barrier, maybe scheduling workout dates with friends or setting personal training appointments would help. Be as specific as possible for how you intend to overcome barriers and make sure your methods to overcome barriers are realistic. If you don't have friends to workout with, planning a workout date with friends won't work!

- 1.
- 2.
- 3.
- 4.

LONG-TERM GOALS (6+ MONTHS)

Long-term goals are what you see for yourself in the future. They're what you ultimately hope to achieve, and while there does need to be a time-constraint on them, the steps to achievement don't need to be spelled out as much, as those are included with the short term goals. Examples might include: "Run the Rock 'n Roll Half in September" or "Achieve and maintain a healthy body fat percentage by the end of the summer."

- Goal #1:
- Goal #2:

REWARDS: LONG-TERM GOALS

- 1.
- 2.

GOALS: MONTH 2-6

These are still considered short-term goals. At this point you can start focusing on the long-term results, but with short-term goals in mind. For instance, you might have the goal: "I want to lose 3 percent body fat by Spring Break by working out five days a week" or, "I want to complete a Couch to 5k program and run my first 5k by May."

- Goal #1:
- Goal #2:

REWARDS: 2-6 MONTH GOALS

- 1.
- 2.

GOALS: MONTH 1

The first four weeks of your exercise plan is incredibly important to long-term success. If you can make a habit now, you'll be more likely to stick with it. Set goals that are realistic and time-constrained, focused more on habit-forming than overwhelming results. An example might include: "Attend boot camp class M, W, F at the gym and yoga on Saturday mornings; increase weight once a week during this month."

- Goal #1:
- Goal #2:

REWARDS: MONTH 1

- 1.
- 2.