This sheet will help you set SMART goals for your exercising.  
(SMART goals are Specific, Measurable, Achievable, Realistic, and Timely) 

I will do these exercises (check all that apply): 

☐ Walking briskly  
☐ Running or jogging  
☐ Riding a bicycle or stationary bike  
☐ Swimming  
☐ Other ________________________________ 

I will exercise ______ days per week for ________ minutes per day. 

Exercising will help me achieve these goals: 

☐ Getting fit  
☐ Feeling happier  
☐ Losing weight  
☐ Other _____________  

After filling out this worksheet, write your goal(s) below. 
For example, one might be: I will walk or ride my bike 3 days per week for at least 30 minutes per day so I get more fit and feel happier. 

_______________________________________________________________________________ 
_______________________________________________________________________________ 
_______________________________________________________________________________ 
_______________________________________________________________________________ 
_______________________________________________________________________________ 

Now, transfer your goal(s) to the Exercise Log and track your progress!