



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!