

Date:

Goal:

Motivation for Goal:

Action Steps:	Due Date:
1.	
2.	
3.	
4.	
5.	

Potential Obstacles:	Responses

Resources Needed (Including People)

Additional Notes

Date: July 22, 2017

Goal:

I will exercise 3 days a week for 30 minutes.

Motivation for Goal:

To get healthier and to fit into my favorite pair of jeans!

Action Steps:	Due Date:
1. Get a gym membership	7/24/17
2. Sign up for 1-2 classes at the gym	7/29/17
3. Ask Pam (neighbor) to be my "walking buddy"	8/1/17
4. Set alarms in my phone to remind me to exercise at certain times for classes, with Pam, etc	8/4/17
5.	

Potential Obstacles:	Responses
1. My busy schedule	1. Remind myself that this is "me" time to work on myself. Health is #1!
2. Motivation/ I don't like exercising	2. Pick gym classes that sound fun
3. Feeling like there's more important things to do like cleaning the house or getting projects done.	3. Put it as an appointment in my phone so it looks important, like a doctor's appointment.

Resources Needed (Including People)
Planner – to write in my workout "appointment"
Phone – to set alarms to remind me to workout
Pam – to remind me to go with her and keep me accountable

Additional Notes
"The only bad workout is the one you didn't do"
"When you feel like quitting think about why you started."
"Fitness is not about being better than someone else...it's about being better than you used to be."