

My Plan to Push a Little Harder

The end of the program is approaching, so now is the time to push a little harder, set new goals, and renew your commitment. Doing so will help you to stick with all the healthy changes you have made so far.

1. How often do you include at least 150 minutes of moderate-intensity physical activity in your weekly schedule? (Circle one.)

- | | |
|-----------------|-------------------------|
| 0 times a month | 1-2 times a month |
| 3 times a month | 4 or more times a month |

1. Do you plan to increase or maintain your current activity level? (Circle one.)

- | | |
|----------|----------|
| Increase | Maintain |
|----------|----------|

2. If you are planning to increase your physical activity level, circle the things you plan to increase:

- | | |
|-----------|---------------------------|
| Frequency | Types of activities |
| Intensity | Amount of time (duration) |

3. Now list the strategies you will use to put your plan into action. Be specific. (Check all that apply.)

Set new short-term goal(s):

Reward myself with _____ for meeting my short-term goal.

Set new long-term goal(s):

Reward myself with _____ for meeting my long-term goal.

Self-monitor using either a step counter or by keeping track of minutes. (Circle one.)

Step counter

Minutes

Enlist my support troops:

Try a new activity:

Plan for high-risk situations:
