



## FOLLOW-UP GUIDE TO ACHIEVE A SET OBJECTIVE (CONT'D)

Now, in order to help you achieve your long-term goal, we suggest you fill out the following chart using the guidelines in the red and blue boxes.

■ List any obstacles that may prevent you from being physically active on a daily basis (e.g., when my friend calls me to eat out, I decide to go instead of working out).

■ For each obstacle, name **two potential solutions**.

1.	1.1
	1.2
2.	2.1
	2.2
3.	3.1
	3.2

Now, what action do you need to take to apply these solutions and continue to achieve your goal?

*« There are almost no obstacles that a man's genius can't overcome. »*

**- FRENCH PROVERB**



The training plans are created by the kinesiology graduates of the Université de Sherbrooke (2019).

**mo>e50+**  
MON OBJECTIF VIEILLIR EN FORME