FOLLOW-UP GUIDE TO ACHIEVE A SET OBJECTIVE

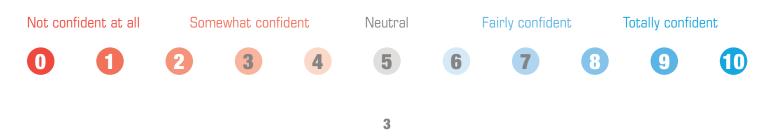
We suggest that you fill out this guide one month after beginning your physical activity.

Four weeks after you began your change, how would you rate your level of confidence in achieving your goal, on a scale of 1 to 10?



Considering the goal you set four weeks ago, what have you managed to accomplish so far?

Now that you have started your physical activity, how would you rate your level of motivation to maintain this change, on a scale of 1 to 10?



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).

