

GOAL-SETTING GUIDE FOR PHYSICAL ACTIVITY

This goal-setting guide is a guided reflection tool that will help you set a specific goal related to your physical activity. A well-established goal is associated with maintaining long-term physical activity.

What changes would you like to make to your daily physical activity?

How can you benefit from this change? Please think about the possible benefits for your overall health.

Physical health:

Psychological health:

Social Health:

Other:

On the following scale of 1 to 10, indicate how confident you feel about changing your behaviour:

Not confident at all

Somewhat confident

Neutral

Fairly confident

Totally confident

0 1 2 3 4 5 6 7 8 9 10

Indicate what makes you more confident in applying this change in your daily life?

I am confident in my abilities (physical, psychological, etc.):

I have the tools I need to help me (training plans, platform content of MOVE 50 +, etc.):

I have the necessary time and space at my disposal:

Other:

GOAL-SETTING IN PHYSICAL ACTIVITY

Now is the time to identify the appropriate behaviour you want to adopt with specific, measurable and realistic goals in order to give a clear direction to your physical activities.

PRECISE	Specify the type of training you will be following (e.g.: Zumba class, personalized training plan, etc.):
	Specify where you will be working out:
	Specify when you will be working out (day and time)?
MEASURABLE	Specify the number of workouts per week:

Based on your abilities and your personal situation, is your goal realistic and achievable?

Yes

No

If not, we recommend that you redefine your objective, so that it becomes realistic and achievable.

« Whoever wants to reach a distant goal must take small steps. »

- SAUL BELLOW

We invite you to take action now.

Have a good first session!



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

mo>e50+
MON OBJECTIF VIEILLIR EN FORME