

achieving realistic goals

While challenging goals may keep you motivated, big goals often need to be broken down into more manageable phases. Here's an example:

Overall Goal: Do 90 minutes of aerobic exercise every week.

Phase 1: Moderate speed walk for 10 minutes, 3 times a week

Phase 2: Moderate speed walk for 20 minutes, 3 times a week

Phase 3: Moderate speed walk for 30 minutes, 3 times a week

Phase 4: Moderate walk for 20 minutes, faster walk for 10 minutes, 3 times a week

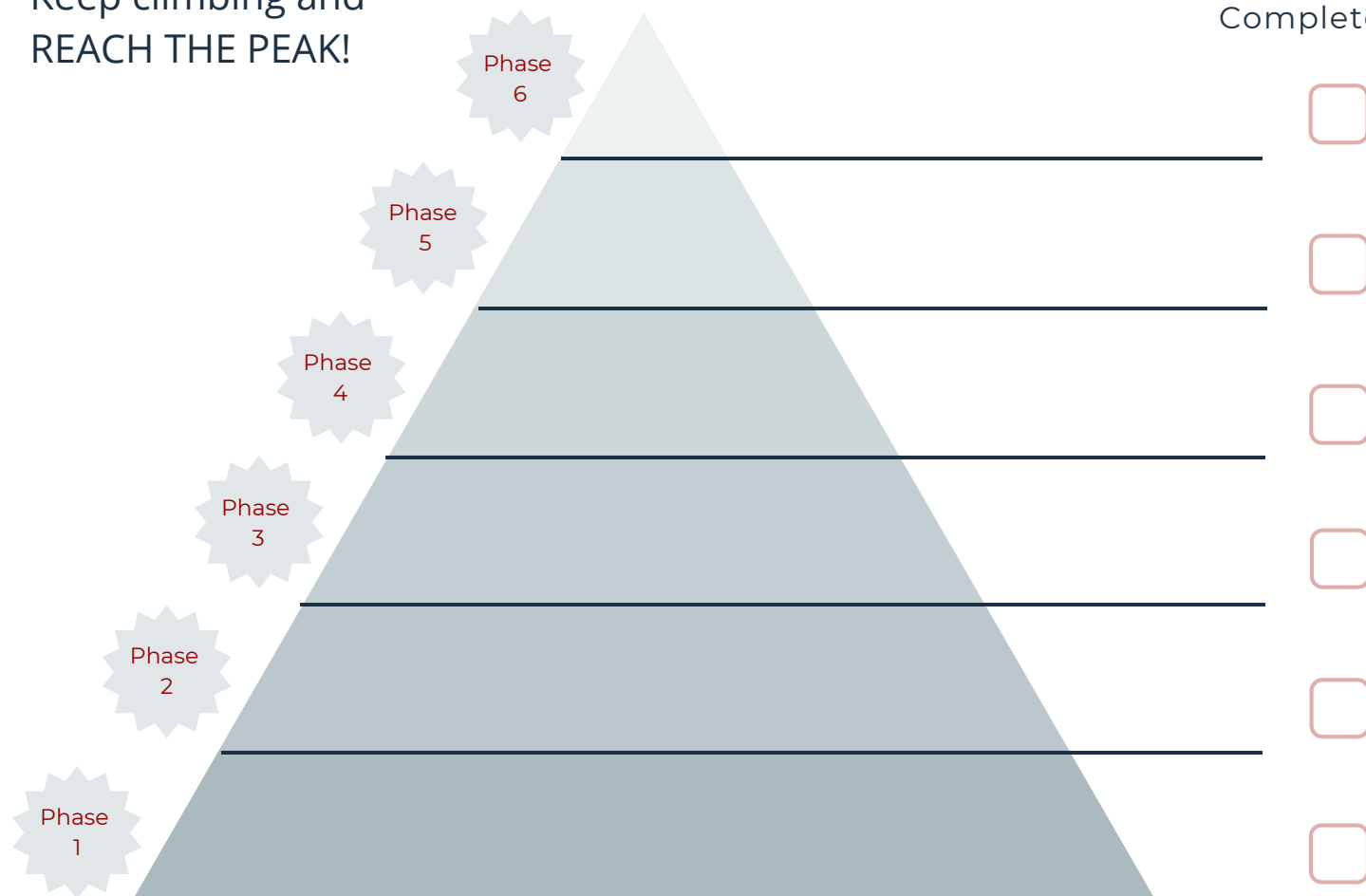
Phase 5: Moderate walk for 10 minutes, faster walk for 20 minutes 3 times a week

Phase 6: Faster walk for 30 minutes, 3 times a week

My goal:

Keep climbing and
REACH THE PEAK!

Complete?



****You may have more or less than 6 phases**

Adapted from TheType2Talk.com (The Realistic Goals Worksheet)
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