

My overall physical activity goal is: _____

Recognizing that it may be easier to work on this goal one step at a time, my SPECIFIC PLAN for this week is to (select 1 or more options):

- Join a gym or other fitness center/program
- Actually go to the gym or fitness center where I have a membership
- Choose to park farther away from building entrances
- Take the stairs rather than the elevator when possible
- Add 15/30/45/60 more minutes of aerobic activity to my week
- Add 1 session of strength training to my week
- Add 1 session of flexibility training (e.g., stretching, yoga) to my week
- Join an activity-based group or club (e.g., running group, triathlon club, intramural/community sports team)
- Sign up for an activity based class (e.g., dance class, golf or tennis lessons)
- Find a workout partner
- Schedule a session with a personal trainer
- Get up from my desk chair at least once per hour
- Begin using a standing desk
- Complete “deskercise” activities during the workday
- Take a short walk during my lunch break
- Sign up and begin training for a race (e.g., 5K, 10K, half-marathon, triathlon, “color run”)
- Other: _____

The 3 most important reasons I want to make this change are:

- 1.
- 2.
- 3.

I have checked the UF Wellness Programs Resources tab to identify programs/services that may help me.

- Yes No

Some resources I have available to assist me with this goal (e.g., class, free program/service, supportive partner, health care professional, commercial product/service) are:

I will review my progress toward this goal on: ____ / ____ / _____

Signature: _____