

# My Weekly Exercise Goals

Set your weekly goals for exercising and supporting a more active lifestyle.

Remember to set **S**pecific, **M**easurable, **A**ttainable, **R**elevant, and **T**ime-bound (SMART) goals.

Week of: \_\_\_\_\_

SMART goal #1: \_\_\_\_\_

\_\_\_\_\_

Write down how successful you were this week: \_\_\_\_\_

\_\_\_\_\_

List anything that may have prevented you from reaching your goal: \_\_\_\_\_

\_\_\_\_\_

Write down solutions to overcome the obstacles listed above: \_\_\_\_\_

\_\_\_\_\_

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SMART goal #2: \_\_\_\_\_

\_\_\_\_\_

Write down how successful you were this week: \_\_\_\_\_

\_\_\_\_\_

List anything that may have prevented you from reaching your goal: \_\_\_\_\_

\_\_\_\_\_

Write down solutions to overcome the obstacles listed above: \_\_\_\_\_

\_\_\_\_\_