

Setting my goal

Example of physical activity goal

Step 1: Write down the original goal

I will ...

Action

Brisk walk for 30 minutes

Day/Time

Mondays, Wednesdays and
Fridays after dinner at 8pm

Location

Along the park connector

Time period

For the next 4 weeks

Start date

From 18 June

Step 2: Solve the problem

What got in
the way?

How can I work
around it?

1

I couldn't get
off work on
time

Do lunchtime
exercises or pick a
day without 5pm
meetings

2

Poor weather

Do indoor
exercises

3

Low energy
level

I can sleep
earlier the night
before or pick a
weekend day to
exercise earlier

Step 3: Revise your goal

I will ...

Action

Do lunchtime exercises and brisk
walk

Day/Time

- Lunchtime exercise on Mondays
- Brisk walk on Wednesdays and
Saturdays

Location

Office gym, park connector

Time period

Another 4 weeks

Start date

From 18 July