



Set a goal and create action plans



Your reasons for change

Think about the most important reason or reasons why you want to be more physically active. It can be helpful to note this reason down to remind yourself of it any time you feel like your motivation is lacking.

See [Benefits of being more physically active](#) if you'd like some ideas for reasons why you'd like to change how active you are.

You can write your reason (or reasons) in the space below.

The most important reason for wanting to be more physically active is:

Setting a goal

It's helpful to think about what it is exactly that you want to change. Firstly, think about an overall goal. Ask yourself: "What's the main thing I'd like to change about my physical activity?"

If you have completed the physical activity quiz think about the advice you received. Examples of some overall goals related to physical activity could be:

- Increase the amount of time I'm active for
- Do more strengthening exercises
- Reduce the time I'm inactive (sedentary) e.g., sitting

Write your overall goal:

Setting more specific goals

Next, think about different things you could do to help you achieve your overall goal. These are like mini-goals, and you might have a few that all help you towards your overall goal.

Some examples of mini goals could be:

- Record or monitor what activities I'm doing
- Replace some of my usual car journeys with walking
- Spend an extra hour being active at the weekends
- Find a way to add 2 low-impact strengthening activities into my week

Here are some tips for writing a specific goal:

When you are setting any kind of goal, try to make them SMART - this means:

- **Specific** - adding in more detail will help you see what you need to do
- **Measurable** - using numbers is always helpful
- **Action-focused** - make sure the goal describes a behaviour
- **Realistic** - the goal should be something you can actually do
- **Timed** - know when you want to achieve your goal by

For example, take the goal of: "I want to spend an extra hour being more active at the weekend." The SMART version might be: "I want to take two half-hour walks at the weekend, one on Saturday morning and one on Sunday morning over the next two weekends."

Write your specific goal or goals:

Making a plan

One way you can increase your chances of success is by planning how you are going to actually make the changes you want.

An 'action plan' is a detailed plan of what exactly you are going to do to achieve your goal and how you are going to do it.

A simple way to do an action plan is to add details under the headings of What, Where and When. We've given an example below so you can see how the goals and action plans fit together. You can do as many action plans as you want for your goal – the important thing is for you to feel confident in what you're doing.

We've provided some examples to show you.

Overall goal: to spend more time being active

Specific goal: spend an extra hour being active at the weekend

Action plan:

- What: go out for a brisk walk
- Where: in the local park
- When: Saturday morning

Specific goal: Replace some of my car use with walking

Action plan 2:

- What: use the park and ride instead of driving straight to work so can walk the last part of journey
- Where: between bus station and work
- When: twice a week

There's no limit on the number of plans you can set relating to your goal.

Remember to refer to your overall and specific goals when creating your action plan.

Add your action plan

What:

for example, doing more balance activities

Where (setting or environment):

For example, at home

When:

For example, on Friday nights

Feel free to make another action plan on the next page.

Add your action plan

What:

For example, eating more fruit

Where (setting or environment):

For example, at home

When:

For example, on Friday nights