

Goal setting and exercise plan worksheet

Have a goal, have a plan, have a go. A goal without a plan is just an idea. This form is designed to assist you to develop goals and make a plan for exercising.



Why do I exercise?

What is my reason for exercising?
(Think about the big picture)

Now think about a goal, this will help you to start and maintain your exercise habit.

Goal setting

Answer the questions below to assist you to set a goal

What would I like to achieve? Be specific What, Why and How

How will I know if I have achieved my goal?

Is it realistic?

YES

NO

How is this relevant to me?

How long do I want to take to achieve this goal?

How are you going to achieve your goal?

Research shows that people who declare their plans are more likely to carry them out. You can do this by writing them down (this will also help you make them clear), or by telling them to someone.

Exercise Plan

Answer the questions below to assist you to develop an exercise plan

What types of exercise will I do?

Where will I exercise?

When will I exercise?

How often and how long will I exercise?

Who will support me to exercise?

Possible obstacles and how I will deal with them.

When you make exercise plans, think about how well you can keep up the changes in the long term.

Use the list of questions below to help you judge whether your plans are sustainable. Ask yourself the following questions and give an overall score out of 10.

- Can this fit into my day-to-day life?
- Can I do this even if other people are influencing me not to?
- Can I get better at doing this with practice?
- Can I enjoy doing this?
- Can I do this regularly so it starts to become a habit?
- Can I imagine myself still doing this in several years?

Use the scale below to judge how easy or hard it will be to keep this up for several years. If you score 7 or less, adjust it or start again.

Very hard

Very easy

1	2	3	4	5	6	7	8	9	10
Would it be better to try something else?			Tweak the plan to make it easier to keep up.				Go for it!		

When you review your progress:

- If you have done well, think about whether you want to set a more challenging goal, or if you are happy to maintain what you have achieved.
- If you are having problems, try changing the goal for something more achievable, or changing the way you reach the goal (e.g., by choosing a different time or location to do your exercises).

Example:

For someone with Parkinson's disease who is starting exercise and who does not have immediate access to a health care professional

Why do I exercise?	
What is my reason for exercising?	<i>Being able to play with the grandchildren</i>

Goal setting	
Answer the questions below to assist you to set a goal	
What would I like to achieve? Be specific What, Why and How	<i>To increase the speed of my walking so I can keep up with the grandchildren.</i>
How will I know if I have achieved your goal?	<i>I will be able to keep up with my grandchildren when we go to the park</i>
Is it realistic?	<i>YES</i>
How is this relevant to me?	<i>Very relevant as my purpose for exercising is to be able to play with my grandchildren</i>
How long do I want to take to achieve this goal?	<i>2 months</i>

Goal setting	
Answer the questions below to assist you to set a goal	
What would I like to achieve? Be specific What, Why and How	<i>Be able to pick up my grandchild from the floor</i>
How will I know if I have achieved your goal?	<i>I will be able to pick up my grandchild</i>
Is it realistic?	<i>YES</i>
How is this relevant to me?	<i>Very relevant as my purpose for exercising is to be able to play with my grandchildren</i>
How long do I want to take to achieve this goal?	<i>2 months</i>

Exercise Plan	
Answer the questions below to assist you to develop an exercise plan	
What types of exercise will I do?	<i>Walking, strength and balance</i>
Where will I exercise?	<i>In my local area and Parkinson's exercise class</i>
When will I exercise?	<i>After I have lunch, when my medication is working well</i>
How often and for how long will I exercise?	<i>At home 4 times a week for 20 minutes Parkinson's exercise class once a week for an hour</i>
Who will support me to exercise?	<i>My wife, who will go walking with me. The physiotherapist at the Parkinson's exercise class</i>
Possible obstacles and how I will deal with them.	<i>It is raining – Possible solutions: 1. Walk on a different day 2. Walk anyway but make sure I have appropriate clothing and an umbrella 3. Walk inside at the gym or local shopping mall.</i>

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	1.30pm Walk 20min	1.30pm Parkinson's exercise class 1 hour		1.30pm Strength exercises 20min	1.30pm Walk 20min		1.30pm Walk 20min
2	1.30pm Walk 20min	1.30pm Parkinson's exercise class hour		1.30pm Strength exercises 20min	1.30pm Walk 20min		1.30pm Walk 20min