



Spring INTO ACTION

Workplace Wellness Challenge

Week 6 – Physical Activity & You!
Goal Setting



Spring

INTO ACTION

Goal Setting

1. Make a commitment

Make a commitment to yourself to maintain the health habits you have learned through Workplace Wellness. If you want to lose weight, make a commitment to stick with a nutrition and exercise plan. If you want to eat more fruits and veggies, make a commitment to add some to every meal. If your goal is to get your family more active, set dates for fun, outdoor activities you can do together.

2. Write it down

Write down your goals, using specific terms. For instance, write “I am going to exercise three times a week for a minimum of 45 minutes” rather than “I am going to exercise more.”

3. Break it down

Turn your large goals into smaller goals. When making a goal to exercise three times a week for 45 minutes, write down how you are going to achieve this and how you will hold yourself accountable.

4. Identify barriers

Reflect on barriers to achieving your goal. Write them down. Plan a way to overcome these barriers. If you have a habit of going home before the gym and then not leaving again, identify a way to change this habit. It might mean packing your gym bag the night before and heading to the gym right after work.

5. Motivate yourself

No one else can achieve goals for you. What is going to keep you motivated to stick with your goals? It is helpful to make a list of what is important to you and why you are setting your goals. Post motivational reminders to keep yourself going. Keep these on hand and refer back to them as often as needed.

6. Think differently

It's not realistic to work on your goals for a few weeks, slack off and expect to see results. If you want to achieve true success, it needs to become part of your life. That means you need to take an honest look deep within and assess your personal challenges. Then, work out a strategy to gradually change your behaviors and attitudes. You might have setbacks. If this happens, use this as a time to reflect on why you made your goals in the first place and get back on track. Remember, staying physically active is extremely important to your health, and we are here to help you reach and maintain your goals!

