

Weekly exercise goals

You could print out this sheet, fill it in and stick it to your fridge

What	Which days? (please tick)	Starting from	My weekly reward	What could stop me achieving this goal?	What will help me achieve this goal?
Example: I will go for a brisk walk with a friend around the park for at least 30 minutes	<input type="checkbox"/> Monday <input type="checkbox"/> Friday <input type="checkbox"/> Tuesday <input type="checkbox"/> Saturday <input type="checkbox"/> Wednesday <input type="checkbox"/> Sunday <input type="checkbox"/> Thursday		<input type="checkbox"/> A big bubble bath <input type="checkbox"/> My favourite magazine <input type="checkbox"/> Trip to the cinema <input type="checkbox"/> Rent that DVD I want to see <input type="checkbox"/> Other _____	My friend not being available; rain.	Contact my friend in advance and explain what I aim to do and arrange a meeting time and place. If it looks like it might rain, take an umbrella.
Example: I will go to a local aquanatal class or swim for 30 minutes	<input type="checkbox"/> Monday <input type="checkbox"/> Friday <input type="checkbox"/> Tuesday <input type="checkbox"/> Saturday <input type="checkbox"/> Wednesday <input type="checkbox"/> Sunday <input type="checkbox"/> Thursday		<input type="checkbox"/> A big bubble bath <input type="checkbox"/> My favourite magazine <input type="checkbox"/> Trip to the cinema <input type="checkbox"/> Rent that DVD I want to see <input type="checkbox"/> Other _____	Class being booked up.	Call the leisure/sports centre in advance. Book a block of lessons if possible.
Example: On the way to work I will get off the bus a few stops earlier and walk the rest of the way	<input type="checkbox"/> Monday <input type="checkbox"/> Friday <input type="checkbox"/> Tuesday <input type="checkbox"/> Saturday <input type="checkbox"/> Wednesday <input type="checkbox"/> Sunday <input type="checkbox"/> Thursday		<input type="checkbox"/> A big bubble bath <input type="checkbox"/> My favourite magazine <input type="checkbox"/> Trip to the cinema <input type="checkbox"/> Rent that DVD I want to see <input type="checkbox"/> Other _____	Being late for work.	Get up 30 minutes before my usual time in the morning or set off to work earlier than usual.
I will (Set your own goals here)	<input type="checkbox"/> Monday <input type="checkbox"/> Friday <input type="checkbox"/> Tuesday <input type="checkbox"/> Saturday <input type="checkbox"/> Wednesday <input type="checkbox"/> Sunday <input type="checkbox"/> Thursday		<input type="checkbox"/> A big bubble bath <input type="checkbox"/> My favourite magazine <input type="checkbox"/> Trip to the cinema <input type="checkbox"/> Rent that DVD I want to see <input type="checkbox"/> Other _____		
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