

Lola's Tips for Staying Motivated

Staying physically active is challenging, but do not give up! Use this sheet to help you plan your physical activity.

Choose a physical activity that fits your lifestyle.

The physical activity I chose is _____.

Set goals.

My short-term goal is to _____ times a week.

My long-term goal is to _____ times a week.

Start slowly.

My comfortable pace is _____.

Get some support.

I will ask _____ to join me in physical activity.

Have fun!

Add variety.

Different activities that I can do to stay physically active are _____

_____.

Be flexible.

I will take time to rest when I feel _____.

Track your success.

I will keep a record of my progress in a _____.

Reward yourself.

My reward for doing physical activity regularly is _____.

My reward for reaching my physical activity goal(s) is _____.

Adapted from "Your Fitness Program: Tips for Staying Motivated," Mayo Clinic.