

# READY, SET, GOAL!

Setting yourself goals is a great tool to get you going, keep you motivated, and measure your progress. Ask yourself the following questions:

- What are my goals?
- Am I able to reach these goals?
- When do I want to reach these goals?
- What steps do I need to take to get there?

It's good to break your goals up into **short-term**, **medium-term**, and **long-term goals**. This helps you to measure your progress at every step of the way.

Remember, **even the smallest goals can make a big difference!** What matters is that you work out what's right for you.

## Short-term goals:

Next 2 weeks

Over the next two weeks, I would like to...

Example: 'walk twice for thirty minutes.'

I will know I've met my goal when...

Example: 'I can see how many walks I've done in my activity diary.'

## Medium-term goals:

Next 6 weeks

Over the next six weeks, I would like to...

Example: 'Be able to jog for five minutes without having to stop.'

I will know I've met my goal when...

Example: 'I use the timer on my mobile phone to time my jog.'

## Long-term goals:

Next 12 weeks

Over the next twelve weeks and beyond, I would like to...

Example: 'Lower my blood pressure.'

I will know I've met my goal when...

Example: 'I visit my GP and he confirms that my blood pressure has gone down.'

**TOP TIP**

Did you know...research has shown that if you **write your goals down**, you are 80% more likely to succeed? Don't forget that you can also make a note of your goals in your **Let's Get Moving Activity Diary!**

**TOP TIP**

**Listen to your body** – it is normal to experience some discomfort during and after exercise, as this shows your muscles are working hard and getting stronger.