

Set and Track Fitness Goals

Staying Active

Incremental Goals, Incredible Results

As the weather gets colder and fall schedules get busier, it becomes even more important to make sure you get the recommended 150 active minutes each week. But it's also important to listen to your body — unrealistic goals can damage your health and your motivation. Instead, set small, achievable goals that lead up to a single big one!

Use this worksheet to track your progress until you can hit 10,000 steps on a daily basis or 150 active minutes each week.

Week 1	GOAL: _____	Steps / Activity Minutes
	Steps / Activity Minutes: _____	
Week 2	GOAL: _____	Steps / Activity Minutes
	Steps / Activity Minutes: _____	
Week 3	GOAL: _____	Steps / Activity Minutes
	Steps / Activity Minutes: _____	
Week 4	GOAL: _____	Steps / Activity Minutes
	Steps / Activity Minutes: _____	

*Take pride in your efforts! It isn't easy to make a change.
Even if you miss a goal here and there, get back up and keep going.*

Employer Activity Tracking

Please complete the following information and submit it to your employer to receive credit for this activity:

Name: _____

Date: _____

Week 1

Did you create a steps or activity goal? YES NO

Did you reach that goal? YES NO

Week 2

Did you create a steps or activity goal? YES NO

Did you reach that goal? YES NO

Week 3

Did you create a steps or activity goal? YES NO

Did you reach that goal? YES NO

Week 4

Did you create a steps or activity goal? YES NO

Did you reach that goal? YES NO