

# Goal-Setting Worksheet

Name: \_\_\_\_\_

Set a physical activity goal to try this week. Some examples could include: Get one hour of physical activity each day this week, or try a new physical activity each day this week. Write down your physical activity goal for the week.

I will \_\_\_\_\_  
\_\_\_\_\_.

Who are two adults that can help you?

1- \_\_\_\_\_

2- \_\_\_\_\_

Cross off one rocket ship each day that you achieve your goal.

