

Did I meet my Physical Activity Goals?

My physical activity goal was:

Did I follow the action plan and steps I made?

_____ most of the time

_____ sometimes

_____ a little

_____ not at all

Did I achieve my goal or am I closer to meeting my goal?

_____ yes

_____ no

Comments:

What was the hardest part?

What would I change for my next goal? What would I do differently?

CASE STUDIES



- Tammy can ask her parents if she can walk to school with her classmates that live near by
- Tammy can try to be active at recess or lunch with the other students
- Tammy can talk to her parents about becoming more active - they may have suggestions such as: helping out with housework or finding physical activity programs that are offered at her school (e.g. an after school program or intramurals)
- Tammy can ask her parents to go for a walk in the evening, or do another activity together as a family (i.e. playing Frisbee, housework, gardening, shovelling snow, etc)

Case Study #2 - Jonathan

- Jonathan could try to play basketball and soccer with the other students at his school, regardless of his skill level
- Jonathan can try to improve his basketball and soccer skills by participating in physical education class at school
- Jonathan can talk to other friends who play these sports and see if they can play together after school
- Jonathan can ask his parents if he can join a recreational sports league at a local community centre

Case Study #3 - Sandra

- Sandra can ask her mom to contact the local Parks and Recreation in her City; they offer assistance to those who cannot afford the full price of program
- Local YMCA's offer memberships at a discounted rate to students and families
- Sandra can talk to her teachers at school to express her interest in running and swimming
- Sandra can play outside at recess or lunch with the other students

Case Study #4 - Mike

- Mike could ask his parents and teachers about facilities where other students his age with special needs play sports- he should try to participate
- Mike could ask his physical education teacher to include him in the classes
- Mike could keep himself strong by wheeling himself around more and being pushed, less often