

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?

Did I experience any barriers?

How did I deal with these barriers?

What would I do differently?

What are my new goals?
