

Physical Activity Plan

WHAT WILL YOU DO?	WHAT'S YOUR GOAL?	WHAT COULD MAKE IT HARD?	WHAT COULD MAKE IT EASY?
	How much will you do?		
	When will you do it?		
	How often will you do it?		
	When will you start?		
	When you will review your progress?		

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THINK ABOUT THE PLAN YOU'VE JUST SET.
HOW CONFIDENT ARE YOU THAT YOU'LL BE ABLE TO DO IT?

Rate it on the scale.

If you're not confident, you might want to change the goal. Or change the way you intend to do the activity.

I'm not confident at all
I can do it



I'm uncertain if I
can do it or not



I'm very confident I
can do it

