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# Activity

## Get Active with Milestone Goals and Work Toward Incredible Results

If you are just beginning to exercise or if your routine has plateaued, it can be difficult to take the next step. One useful way to push yourself forward is to set realistic milestone goals that lead you to a single big one! Use this worksheet to set goals and track your progress until you achieve 10,000 steps each day or reach 150 active minutes every week.

Week 1 Goal: \_\_\_\_\_ Steps / Active Minutes

Week 1 Steps / Active Minutes: \_\_\_\_\_

Week 2 Goal: \_\_\_\_\_ Steps / Active Minutes

Week 2 Steps / Active Minutes: \_\_\_\_\_

Week 3 Goal: \_\_\_\_\_ Steps / Active Minutes

Week 3 Steps / Active Minutes: \_\_\_\_\_

Week 4 Goal: \_\_\_\_\_ Steps / Active Minutes

Week 4 Steps / Active Minutes: \_\_\_\_\_

### ***Stay Motivated!***

*Don't bow out if you aren't hitting your initial goals. Regroup, adjust your plan and keep moving toward the benefits of increased activity.*