
What is your main objective?

Ex. I want to walk/bike/swim 5/7 days per week so that be a healthy person who needs to take less medication

What time will you do it?

- Setting an obvious time – actually looking at your schedule, drastically increases the likelihood of it happening. Book it into your calendar

Where will this happen?

- At a gym? Outside? On your treadmill?

How can you make it easier for this to happen?

- Ex. Have your shoes ready at the front door. Pack your gym bag and have it in the car already, or beside your bed. Prepare for your workout tomorrow today, so that when the time comes it is easy to do it. Reduce your barriers.

What do you need to get done before you can start doing the habit?

- Tune up your bike, buy walking shoes, save exercise youtube video on your browser, download a tracking app

Where will you track your progress? Go Get Fit – RH25W

Goal setting principles

1. Make it obvious - become aware of cues that lead you to move.

- Running shoes by the front door, gym bag packed and ready to go.

2. Make it attractive - pair movement with something you love.

- With a friend, listen to music, watch fav show, pick the exercise you like the most (or dislike the least!).

3. Make it easy - needs to require little effort to start.

- Removing friction existing between you and the behavior, already scheduled time in day, pre plan, remove/identify barriers ahead of time

4. Make it satisfying - how do you feel before/after movement

- Stiff muscles, mental clarity, focus on some of the short-term benefits and rewards you feel immediately to keep you motivated to work towards longer-term goals.