

### Activity Map

**Step 1- Information:** Using your own knowledge and the **Owl** on the **Path to Fitness**, list three reasons **you** have for wanting to be fit, any reason- as long as it's important to you- is acceptable. (example.: *I want to lose weight, I want to feel stronger, to manage my mood, sleep better, keep up with my grandkids, etc...*).

Why be active?
<i>Example: Lower my blood pressure.</i>
1)
2)
3)

---

**Step 2- Barriers, Strategies, and Activities:** After bridging the **river** on the **Path to Fitness**, write down some of the roadblocks you identified, as well as strategies for overcoming them. Also, write down any activities you come across that seem interesting or do-able to you.

Barrier	Strategies
<i>Example: too busy, can't take time out for exercise.</i>	<i>Park farther away from my destinations; take stairs instead of elevator;</i>

Use this space to write down possible activities

--

**Step 3-Setting Goals:** Think about your current level of fitness, what you are capable of *right now*, then think about where you'd like to be someday. Follow Shoobie's example, and use the charts above to fill in the blanks, MadLib style.

**Shoobie's examples**  
*Long-term goal:*  
I will maintain lower blood pressure, by training for and completing a 5k race with Team In Training  
Reason Activity Strategy  
within 6 months.  
Time Frame

*Short-term goal:*  
I will lower my blood pressure by taking the stairs to my second floor office once a day, with a co-worker  
Reason Activity Strategy  
within 2 weeks.  
Time frame

**Your long-term goal:**

I will \_\_\_\_\_ by \_\_\_\_\_ with \_\_\_\_\_  
Reason Activity Strategy  
within \_\_\_\_\_.  
Time frame

**Your short-term goal:**

I will \_\_\_\_\_ by \_\_\_\_\_ with \_\_\_\_\_  
Reason Activity Strategy  
within \_\_\_\_\_.  
Time frame

---

**Final note:** Research has shown that having social support for your fitness goals is a very powerful tool. Write the name and phone number of one person that you can ask for support from while you work towards your fitness goal.

Name: \_\_\_\_\_ Phone number: \_\_\_\_\_

Now make that call and take your first step!