

Goal Setting Worksheet

How committed are you to learning how to run?

Please check one:

- I will do my best to run a minimum of 3 times per week.
- I may miss a run because of life commitments, but will make up the run later that week.
- I have not given it much thought.

To progress in running, incorporating a running regime 3 times a week is recommended. When will you run?

Be specific. Example: I will get up at 6:00 a.m., eat a light breakfast, run from 7:00 a.m. - 7:30 a.m. allowing time to get the kids ready for school, and myself to work for 9:00 a.m.

List 3 reasons that may hinder your plan of running 3 times a week.

i.e.: heavy work schedule, new born at home, weather, lack of motivation, etc....

- 1.
- 2.
- 3.

List ways of overcoming each obstacle listed above.

1.

2.

3.

What motivates you to get active?

i.e.: The energy I get for hours after, meeting new people, fitting into my pre-pregnancy jeans etc.

What is your running goal for the next 8 weeks?

What is your running goal for the next 8 months?