



Physical Activity—

Mid-Point Goal Re-Evaluation

Congratulations! You have made it half way through *Take Action!* This is a good time to think about the goal that you set for yourself at the beginning of the program.

Name: _____

Work Phone/E-Mail: _____

Team Name: _____

Was your goal too high too low just right?

ANSWER THE FOLLOWING QUESTIONS TO SEE IF YOU NEED TO RESET YOUR ORIGINAL DAILY GOAL.

- When I started *Take Action!*, it was my goal to be physically active for ____ minutes every day.
- During the past 5 weeks, I have reached my goal:
 - every day on most days of the week only a few days a week hardly ever never
- I would like to change my daily goal.
 - Yes (if you answer yes, go to number 4.)
 - No (if you answer no, skip question 4 and turn this form into your Team Captain)
- Based on how much daily physical activity you have done for the past 5 weeks, choose a NEW goal for yourself from the table below.

CIRCLE THE GOAL THAT'S RIGHT FOR YOU.

Daily Minutes:	5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90
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My NEW goal is to be physically active for ____ minutes every day for the next 5 weeks!

Thank You! Please return this form to your Team Captain.