

My Physical Activity Goal and Plan

Did you know that physical activity can help you do the things that are important to you and decrease your need for future physical therapy visits?

If you are interested in becoming more active, it can be helpful to figure out what your goals are, what type of activities you enjoy, and how you will do them. If you would find this helpful, please complete the below questions and bring it to your next physical therapy appointment. Try to be as specific as possible.

What are your goals?

(These can be related to physical therapy or physical activity.)

_____

_____

What type of physical activity would you like to do?

_____

_____

What is your Plan?

Where will you do it? _____

When will you do it? _____

How often will you do it? _____

How much will you do? _____

When will you start? _____

