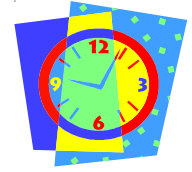


Maine in Motion



Tracking “Time”

Recommended Goals – Time Program

STEP 1: Determine how much moderate physical activity you currently get each week (this is your **baseline**) by answering the following questions. Examples of moderate physical activity include walking, jogging, cycling, swimming, dancing, raking leaves, shoveling snow, etc.

How many days per week do you get moderate physical activity? _____

How many minutes per day do you get moderate physical activity? _____

STEP 2: In the chart below, choose and circle an **ultimate goal** for yourself. (For example, if you are an adult with no health conditions, your ultimate goal would be 30+ minutes every day.)

STEP 3: Based on your ultimate goal, select and circle a **daily goal** for yourself and add that number to your baseline. (For example, if you are an adult with no health conditions, your daily goal would be to add 5-10 minutes each day for a total of 35 to 40 minutes a day.)

STEP 4: At the end of each week, did you reach your **daily goal**?

a) **Yes, I did** -- Great! Set a new goal.

b) **No, I didn't** -- That's OK! Try again with the same goal.

STEP 5: At the end of the 12-week program, did you reach your **ultimate goal**?

a) **Yes, I did** -- Great! Set a goal with another 12-week program.

b) **No, I didn't** -- That's OK! Try again with another 12-week program.

	Daily Goal (add to your baseline)	Ultimate Goal (aim for optimal health)
Children & Adolescents	5-10 minutes	60+ minutes
Adult Starter Program	5 minutes	30 minutes
Healthy Adults	5-10 minutes	30+ minutes
Healthy Older Adults	5-10 minutes	30 minutes
*Adults w/Chronic Disease	5 minutes	20 minutes

*Check with your physician before starting an exercise program.