

Goal Statement form

1. Find your baseline activity level. (available from program manager)
2. Calculate your personal step-count goal as shown:

Baseline	Personal Goal (1000–3000 steps plus your baseline steps = step goal for the week)	Goal for Week
For example 3,000	3,000 + 1,000 steps = 4,000	4,000

3. Each week, take the goal you had for the previous week and add 1,000 steps. For example, if my goal for week 1 was 4,000. The next week, I would calculate: $4,000 + 1,000 = 5,000$ steps (new goal for week 2). Okay, now complete this table with new goals each week:

Baseline	Baseline + 1,000-3,000 more steps =	New step goal for Week
Baseline		Week 1 goal
New baseline		Week 2 goal
New baseline		Week 3 goal
New baseline		Week 4 goal