



Weekly Wellness Workout: Goal Sheet

It's important to have routine in our lives, especially as we work to create a new schedule and set of habits. Being active in the absence of coaches, teammates and official competition is difficult. As we all work to create a new "normal" and find ways to make it happen, check-out the goal setting exercises below. These are designed to help you motivate and succeed in your own new daily and weekly routine!

Daily: Set a goal to do one thing, everyday this week (i.e. make my bed each morning, or brush my teeth three times a day, etc.). Make it happen, and cross-off that day of the list, below!

Everyday this week I will.... _____.

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Weekly Workout: Set a goal related to working out and being active for this week (i.e. complete the Get Moving Workout five out of six days, or be active for 30 minutes everyday, etc.). Track your progress below!

This week I will... _____.

Action Item: *Setting goals is the first step towards accomplishing them!*
Post your goal to the Get Moving team on Microsoft. On Saturday, post a picture and a note about how you did to the Get Moving team. If you fall short this week, remember that you're resilient, and can always tweak things next week to make it happen.

"When you feel like quitting, remember why you started."

- Unknown -