

## Healthy Living – My Plan for Getting Active

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This activity can be used by Direct Support Professionals (DSPs) to work together with the individuals they serve to set physical activity goals and create steps to achieve them.

### How Do I Use This?

Being active is a big part of being healthy! Being active is anything that gets our bodies moving. Becoming active doesn't always happen overnight! Setting goals can be a big step to get more active...

**See the next page for the plan template.**

Working with the individual you serve, help them set **one to three short goals for the week**. Write the goal or goals next to **"My Goal This Week."**

**Help them to decide how to document what they are going to do each day** to work toward meeting the weekly goal. (Remember, getting active is anything that gets our bodies moving.) Make sure the activities are something they can accomplish, such as "walk around the park after dinner at five days each week."

**Every day the individual works towards their goal**, you or the individual can put a checkmark in the **"I DID IT!"** column to celebrate. At the end of the week, you can count the checkmarks to see if they reached their goal for the week.



**Make another plan for the next week.** Keep up the good work and be sure to celebrate when the individual you serve meets their goal!

**More Information about setting active goals and a plan:**

<https://www.heart.org/en/healthy-living/fitness/getting-active/get-real-about-getting-active>

## My Plan for This Week

**My Goal This Week:**

Day of the Week	What I Will Do Toward My Goal Today	I DID IT! (✓)
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Number of times I reached my goal (count the checkmarks)	
Did I reach my goal for the week?	Yes / Not Yet