



Northfield Area Family YMCA – Personal Goal Setting Form

Why do many of us need more exercise in our day?

Fitness questionnaire: The purpose of the questions below is to determine how important it is for you to engage in a physical fitness activity.

How important are each of the following to you? Circle the appropriate number (1-5) for each item.
 Key: 5= extremely important 4= very important 3= important 2=not so important 1=of little concern

Factor	Rating				
Feel better	5	4	3	2	1
Lessen the risk of heart attack	5	4	3	2	1
Have a better self-image	5	4	3	2	1
Be more successful in sports	5	4	3	2	1
Have more strength	5	4	3	2	1
Relieve stress	5	4	3	2	1
Increase efficiency for study, work, and other responsibilities	5	4	3	2	1
Help my sleep pattern	5	4	3	2	1
Reduce tension	5	4	3	2	1
Lose weight	5	4	3	2	1
Increase energy	5	4	3	2	1
Have a better looking figure	5	4	3	2	1
Contribute to my health	5	4	3	2	1
Have a greater resistance to illness and disease	5	4	3	2	1
Improve cardiovascular fitness (aerobic fitness)	5	4	3	2	1
Increase flexibility	5	4	3	2	1
Improve my posture and appearance	5	4	3	2	1
Improve my outlook on life	5	4	3	2	1
Increase my social outlets	5	4	3	2	1
Outlet for frustration/anger	5	4	3	2	1

- 1) The American College of Sports Medicine recommends that you engage in physical activity at least 5 times per week at a moderate intensity for a minimum 20 minutes per session.
- 2) Want to live longer (healthier and longer)? Doctor recommendations include walking moderately 30 minutes a day which will lengthen life by 1.2 years and add 1.1 more years without cardiovascular disease. High physical activity levels gain 3.7 years of life and add 3.3 more years without cardiovascular disease.

Set your Personal goals (be realistic - start small- set yourself up for success). Start a journal. Holding yourself accountable to writing down your physical activity really helps you stick to the new changes.

Make more physical activity a ‘culture change’ for you and your family.