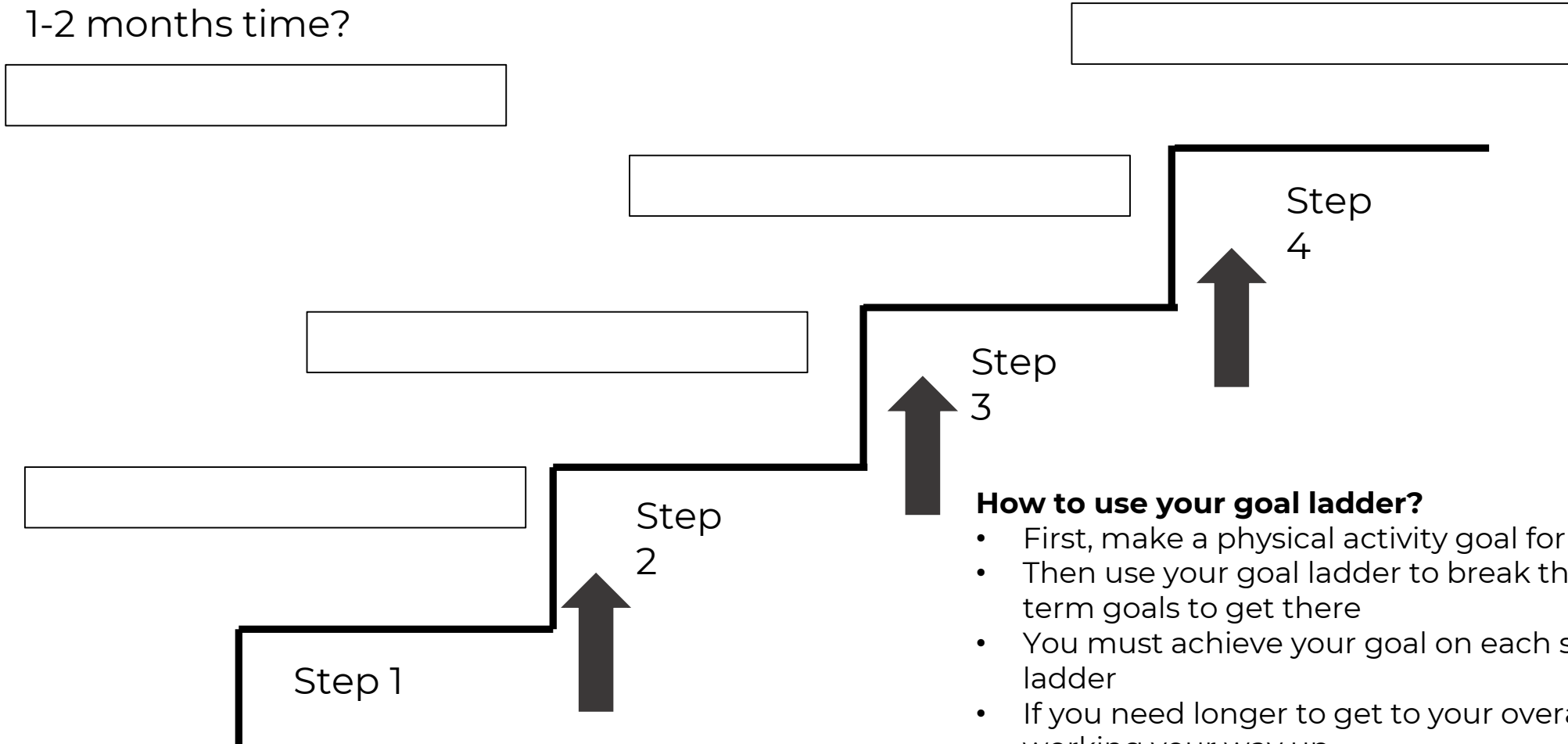


Goal Ladder



What is your physical activity goal in 1-2 months time?



How to use your goal ladder?

- First, make a physical activity goal for 1-2 months time at the top
- Then use your goal ladder to break this down into smaller short-term goals to get there
- You must achieve your goal on each step to be able to go up the ladder
- If you need longer to get to your overall goal – that’s okay – keep working your way up