

Values, Goals, and Action Planning for Physical Activity and Exercise: Physical Therapist - Client Handout

Regular physical activity and exercise can improve overall health and well-being, enhance brain health and neurologic recovery, and may slow disease progression.

Be Active Your Way

You have many options for physical activity and exercise to help with recovery and wellness. Physical Therapy can help ensure your plan is safe, effective, and enjoyable.

3 Steps towards Lifelong Physical Activity and Exercise

1. Know your values

When values and goals match, actions and success follow. It is important to think about what matters most to you – your values. For example, if you value family, can daily walks be a family activity?

- You can use a value card sort to help (see the **Value Clarification Resource PT-Client Handout**).

What matters most to you? List 3 values.

- 1.
- 2.
- 3.

2. Set S.M.A.R.T. goals

How will being active help you live your values and achieve your personal health, wellness and unique condition goals? Here is one example. In six months, I will average 6000 steps/day or more on my fitness tracker, 5 days/week to improve my overall physical activity level and health and help me walk with my family.

- S.M.A.R.T. goals are **Specific, Measurable, Achievable, Realistic, and Time-bound**. It is okay to start small. Every movement counts.

What are your goals? Make them S.M.A.R.T.

- 1.
- 2.

3. Make an Action Plan

Your action plan should match your **SMART goals** and include:

- **What** you will do. Be specific. Address **FITT: Frequency (how often), Intensity (how hard), Timing (how much), and Type (type of activity)**.
- **When** you will do it (time of day, day of the week).
- **Where** you will do it (location).
- **How you will monitor** what you do, overcome obstacles, and celebrate success.

For example, your plan may be to practice walking 5 days per week, at home, in the morning, for 5 mins, at a moderate effort, 3 –5/10 on the rate of perceived exertion 0 – 10 scale. You will monitor your plan by logging the exercise session on your fitness tracker (or a calendar). You will check in on your progress with your spouse on Sunday and celebrate success by taking a drive together in the country.

Your Action Plan for Physical Activity and Exercise

Name:

- **What** you will do (FITT: Frequency, Intensity, Timing, Type)
- **When** you will do it (time of day, day of the week).
- **Where** you will do it (location).
- **How you will monitor** what you do, overcome obstacles, and celebrate success.

Signature(s): _____

Date: _____