

Chancellor's Challenge

Goal Setting Worksheet

This simple worksheet can help you set your personal point goal for the Chancellor's Challenge. As you complete the worksheet below, consider how much physical activity you have in your daily life now and how much you think you'll have at the end of 9 weeks. If you want to test yourself, take the ultimate challenge and compute your point goal to reach 405 points by the end of the 9 weeks. This is taking the maximum points of 9 per day for five days a week for the 9 weeks. However, be sure to set a personal goal that is reasonable for you to achieve during the length of the program.

Goal setting and record keeping are useful and necessary in changing and maintaining new behaviors. Challenge yourself enough so that you'll notice positive changes. Be careful not to set an unrealistic goal that will result in failure. Allow for brief times when you may not be as active as you'd like due to illness, work or personal time conflicts, or other unexpected events. Plan for Success!

Over the 9 Weeks of The Chancellor's Challenge...

How many days per week do you expect to engage in moderate to vigorous physical activity?	1. _____ Days
How many minutes of moderate to vigorous physical activity do you expect to complete, on average, on a day you're active?	2. _____ Minutes
Multiply the number in question 1 by your response to question 2.	3. _____ Weekly Goal in Minutes
Divide your answer in #3 by 10 minutes to get your point total for the week.	4. _____ Weekly Points
How many of the 9 weeks do you expect to achieve your weekly goal?	5. _____ Weeks
Multiply your weekly points (#4) by the number of weeks in #5.	6. _____ POINT GOAL

(Record your Point Goal on the Registration Form and Return all the Forms to the HHP Department)