

# Physical Activity Goal Sheet

---

**List some reasons to increase your physical activity** (lose weight, lower blood pressure, increase muscle mass, maintain bone mass).

---

---

---

---

**List some realistic personal goals you hope to accomplish through exercise** (lose a pants size, increase quality family time, reduce stress, or improve quality of sleep).

---

---

---

---

**What else do you want to learn about** (nutrition, low-cost exercise, low-fat cooking and shopping, increasing fruits and vegetables)?

---

---

---

---



By **Dr. Jane Clary**, Associate Extension Professor, Food Science, Nutrition & Health Promotion.

*Mississippi State University does not discriminate on the basis of race, color, religion, national origin, sex, sexual orientation, group affiliation, age, disability, or veteran status.*

**M1408**

Extension Service of Mississippi State University, cooperating with U.S. Department of Agriculture. Published in furtherance of Acts of Congress, May 8 and June 30, 1914. VANCE H. WATSON, Interim Director (POD 11-05)