GOAL SETTING & PHYSICAL ACTIVITY

Physical Activity & Health

PHYSICAL ACTIVITY LOG

<table>
<thead>
<tr>
<th>Day</th>
<th>Activity Description</th>
<th>Duration</th>
<th>Intensity</th>
<th>General Notes &amp; Pedometer Reading</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
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</tbody>
</table>

- Non-exercise PA, Time & Eff
  - Daily activity... walking... household
- Exercise PA, Time & Eff
  - Number of steps
- Pedometer Reading
  - Number of total steps

FACTORS INFLUENCING PA

- Predisposing - Cognitive factors related to making the decision to engage in a particular behavior
  - Self-efficacy, motivation, enjoyment, belief, knowledge, existing skills
- Enabling - Factors that allow one to engage in a particular behavior
  - Access, environment, & new skill development
- Reinforcing - Factors that reinforce a particular behavior
  - Other people: positive or negative consequence