

GOAL SETTING & PHYSICAL ACTIVITY

Physical Activity & Health

PHYSICAL ACTIVITY LOG

Day	Activity Description	Duration	Intensity	General Note & Pedometer Reading
Monday				

- Non-exercise PA, Time & RPE
 - Daily activity ... walking ... household
- Exercise PA, Time & RPE
 - Structure: Intentional PA
- 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, beliefs
 - 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