

BEHAVIOUR CHANGE ROAD MAP



INTENTION

"What health behaviour do I want to focus on?"

Reflect on benefits of making the change, personal motivations, and other important goals/behaviour in your life



ACTION PLAN

"What activity will I do, when, and where?"

Use your SMARTT-R goal to make a realistic plan of attack



COMMITMENT

"I will ____, by when"

Reinforce follow-through by creating a self-chosen reward or encouraging message

SET A GOAL



What exactly do I want to achieve?

It should be Specific, Measurable, Attainable, Relevant, Timely, Together, and include consideration of when you will Revisit your goal

PREPARE FOR SETBACKS



"What might get in the way and how will I handle it?"

Create a detailed plan that includes barriers you might encounter and possible solutions

SETTING

INTENTIONS

What would being physically active (or more physically active) allow you to do or experience?

Behaviour of focus (intention; eg, increasing physical activity):



Why does it matter?



What change will mean for my life?

Consider what you are currently doing. In order to set goals and intentions we must consider what exactly needs changing, and we cannot do that if we are not honest about what our current behaviours are.

I am currently:

SMARTT-R GOALS

Set a general personal goal for yourself; don't overthink it!

In the space provided below, explain how each of the SMARTT-R principles relates to your goal. We want our goals to be **S**pecific, **M**easurable, **A**ttainable, **R**elevant, **T**imely, **T**ogether, and include consideration of when you will **R**evisit your goal.



Specific



Measurable



Attainable



Relevant



Timely



Together



Revisit

PLANNING FOR YOUR

GOAL

Now that you've set a goal, it's time to **plan to act** with the help of some questions below. Take a moment to reflect on what attaining your goal will involve.

Who can help me stay on track and reach my goal?



What steps will I need to take to achieve my goal?



When will I take those steps?



Where do those steps take place?

PREPARING FOR THE

UNEXPECTED

Sometimes things don't go according to plan. In the space below, identify a barrier (eg, fatigue, bad weather) that could make it difficult for you to reach your goal. In case this happens, write down an action you could take to overcome it (eg, rest breaks, support).

If this happens...



Then I will...

If this happens...



Then I will...

CONFIDENCE AND COMMITMENT

When setting a goal, confidence in your ability to achieve the goal and commitment to achieving that goal are important!

List **past successes** with similar or other goals

-
-
-
-

List **personal support systems** (eg, friends, family)

-
-
-
-

List potential **small wins** that could keep you working towards your goal

-
-
-
-

Include a statement of commitment.

I **commit** to...