

Engaging Stage Worksheet:

Treatment Goal Setting

Based on your values, work with your therapist to identify at least three long-term treatment goals. Next to each one, identify how your current physical activity regimen impacts this goal, or makes the goal feel harder to achieve. You will put it all together: based on your values, you will create treatment goals, and break them down into small, concrete steps.

Goals for Treatment	Does Physical Activity impact this? How?
1.	
2.	
3.	



Now that you have identified some goals, you are going to think of the steps you need to take to accomplish your goal or your desired change. We want you to create a concrete and clear plan to do this! It might be hard to see yourself actually doing some of these things. This is a natural response and it is common to feel this way.

Keep in mind: The goal of this section is to help you come up with specific behaviors that can be completed in a brief time frame, such as "complete 100% of dinner over the weekend" or "go to optional snack tomorrow" as opposed to "challenge myself with meals".

My 1st Goal:

Making it More Concrete. Take a moment to make this goal more concrete. What would it look like once you have achieved this goal? What things would you be doing, or not doing? What behaviors would you be engaging in or *not* engaging in? Again, be as concrete as possible here, try to list specific behaviors.

Taking the Necessary Steps. Next, think about some small manageable steps that you can take towards reaching the specific treatment goals you've listed above. These steps should take anywhere from a few days or a week to achieve. What steps will you need to take? .

Step 1: _____

Step 2: _____

Step 3: _____

Step 4: _____

My 2nd Goal:

Making it More Concrete. Take a moment to make this goal more concrete. What would it look like once you have achieved this goal? What things would you be doing, or not doing? What



behaviors would you be engaging in or *not* engaging in? Again, be as concrete as possible here, try to list specific behaviors.

Taking the Necessary Steps. Next, think about some small manageable steps that you can take towards reaching the specific treatment goals you've listed above. These steps should take anywhere from a few days or a week to achieve. What steps will you need to take?

Step 1: _____

Step 2: _____

Step 3: _____

Step 4: _____

