

Establishing a Physical Activity Routine

Habit-Based Psychology

Time Based Cues – performing exercise consistently within a daily/weekly schedule

- When is it best for me to work out?
- How does my work/personal schedule affect my ability to exercise?

Event Based Cues – exercising in the same location

- Where am I going to exercise?
- Can I access these places easily and does it work for me?

Action Based Cues – performing the same actions before exercising

- Are there any rituals/routines that I can apply to exercise?

Planning an Exercise Routine

Step 1: Set a long-term Goal

- Set up multiple short term/milestone goals to help you reach your long term goal.
- 1a) Consultation – will I reach out for information or will I create the routine on my own?
- 1b) Feasibility – how realistic are my goals/plans for my personal situation?

Step 2: Organize the Routine

- When & where am I going to exercise?
- What type of exercise will I perform?
- What is the best way to organize my plan?

Minutes Per Week Goal: _____

Days Per Week Goal: _____

Minutes Per Day Goal: _____