

# Healthy Lifestyle Program

## Module 1: Move Those Muscles

<b>SMART Goal:</b>	
<b>Objectives:</b>	<ul style="list-style-type: none"><li>• Introduce physical activity</li><li>• Review physical activity and sedentary behavior recommendations</li><li>• Establish SMART goals related to physical activity</li></ul>

### Physical Activity Notes

#### Examples

#### Benefits of Physical Activity

#### Recommendations for Physical Activity

#### FITT Principle

# Track Your Activity

Day	Step Count	Exercise Time	Sedentary Hours
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Total:			
Avg:			
Goal:			

## SMART Goal Setting

<b>Specific:</b> What exactly are you trying to achieve?	<b>Measurable:</b> How will you know when you've achieved it?	<b>Attainable:</b> Is it genuinely possible to achieve it?	<b>Relevant:</b> Does it contribute to your personal growth?	<b>Time-bound:</b> When do you want to achieve this by?
<b>Goal 1:</b>				
<b>Goal 2:</b>				
<b>Goal 3:</b>				