Goal setting summary sheet

You can use this goal summary sheet as a prompt to remind you of your goal and action plan. Print and stick to your fridge, place on the coffee table or pin it on your phone.

Physical Activity Routines After Stroke

My personal goal for moving more and sitting / lying down less

My action plan

When, where and how?

How often and how will I measure my actvity?

With whom?

My coping plan for moving more / sitting down less

If...

Then...