



Setting exercise goals

For people with cancer

How to set goals for exercise

Setting goals for exercise gives you something to work towards and can keep you motivated. To help set your goals, ask yourself what activities are important to you and what do you want to be able to do?

Examples of things that might be important to you:

- I want to be able to play with my grandchild in the pool.
- I want to do a 5 km charity walk next fall.
- I want to be able to walk up the stairs by myself.



For help with exercise goals you can speak to:

- A physiotherapist, occupational therapist or qualified exercise professional who is trained in cancer and exercise.
- Your family doctor.
- Your cancer health care team.

Making your goals SMART can help you achieve them:

The example of the 5 km walk is a SMART goal. A SMART goal should be:

Specific – say exactly what you hope to do (walk for 5 km)

Measurable – easy to tell if you have done it or not (you will know if you completed the walk)

Attainable – realistic to achieve (you can already walk 2 km and you think that walking 5 km is something you will be able to do)

Relevant – important to you (the walk is something you have done and enjoyed in the past)

Time-based – put a time frame around the goal (the walk is next fall)

You can also use smaller goals to work up to achieving your bigger goal. For example:

- You might start with this goal: I will walk 3 times a week for at least 20 minutes each time.
- When you achieve the first goal, you might change it to: I will walk 4 times a week for at least 30 minutes each time.

To keep track of your exercise goals, fill in your daily exercise on the chart below:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Minutes:	Minutes:	Minutes:	Minutes:	Minutes:	Minutes:	Minutes:
	Type:	Type:	Type:	Type:	Type:	Type:	Type:
	Intensity:	Intensity:	Intensity:	Intensity:	Intensity:	Intensity:	Intensity:
Week 2	Minutes:	Minutes:	Minutes:	Minutes:	Minutes:	Minutes:	Minutes:
	Type:	Type:	Type:	Type:	Type:	Type:	Type:
	Intensity:	Intensity:	Intensity:	Intensity:	Intensity:	Intensity:	Intensity:

Acknowledgements

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Need this information in an accessible format?

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