

My Exercise 4 Mental Health Plan

Date: _____

My top three mental health goals are: (i.e. to feel less depressed, to reduce anxiety, to increase energy or clarity, to keep myself stable, to increase happiness, etc.)

To help me achieve these mental health goals, I plan to exercise by: (i.e. walking every day, doing yoga three times a week, lifting weights twice a week, etc.)

Write each exercise goal, above, into a statement like this: “I will do _____ (type of exercise), at _____ intensity level (low, moderate, high), for _____ minutes (time), _____ times a week (frequency).”

The potential roadblocks I see for these goals include: _____

I will seek to overcome these roadblocks by: _____

The following strategies, affirmations, and beliefs will help me stick with my goals:

I will achieve the goals on this plan by _____ (deadline/date), **and I will be accountable to** _____ (accountability partner) **by** _____ (what you will do to check in—i.e. call, text, talk once a week, or once a month, etc.).

Once I reach each goal, I will reward myself by: _____

I will follow this plan, continually evaluate & make necessary changes until I achieve my exercise for mental health goals.

Signed: _____