

HABIT RELATED TO PHYSICAL ACTIVITY

S	Specific	<p>Enter the specific type of activity you want to introduce as your habit. Choose walking, rollerblading, climbing, or maybe exercising in the comfort of your own home or office? You have complete freedom, but what you choose must be specific. You cannot simply enter 'exercise more'.</p> <p>.....</p> <p>.....</p>
M	Measurable	<p>Enter how often and for how long you intend to do the selected activity. Instead of entering 'as much as possible' or 'in my free time', enter, for example, the distance you want to cover or the number of exercises you plan to do (e.g. 3 exercises with 10 repetitions each, every day after work).</p> <p>.....</p>
A	Achievable	<p>Now take another look at what you have written and check whether what you intend to do will be too difficult.</p> <p>If so, scale down your assumptions.</p>
R	Relevant	<p>Remember that the activity you choose should be enjoyable. You are introducing a healthy habit because you want to treat yourself kindly.</p>
T	Time	<p>Enter how long it will take you to check how the habit implementation went (preferably enter the date). For example, in a month you can come back to this table and consider whether you want to change anything. Maybe you want to change the type of activity or its frequency? Or maybe it's time to introduce another healthy habit?</p> <p>.....</p>