Physical Activity Menu of Options — Instructions

This activity is collaborative between the exercise professional/coach and client. The purpose of this activity is to pick a starting point from a menu of options based on how important each activity is to the client, as well as the client's goals, interests, values and level of confidence. Working together on this should feel like a meaningful conversation between the professional and the client.

STEP 1: Ask the client to choose a physical-activity option (pick at least one option and no more than three to start).

STEP 2: Work with your client to determine how frequently they will do the activity.

STEP 3: Work with your client to determine how much time they will spend doing each activity when they participate.

STEP 4*: Use a scaling question to help your client to determine how important the activity is for them. If the importance value is below a 6, discuss the idea of picking a different activity that might feel more important. In the importance field, include not only the numeric score but also the client's "why"—why this behavior change is important. This will be the client voicing reasons for change.

STEP 5*: Use a scaling question to help your client determine how confident they are in achieving the goal they set. If confidence is below a 6, discuss how the goal or activity might be shifted to raise confidence. In the confidence field, include not only the numeric score but also the strengths and skill the client voices for why they feel confident.

STEP 6: Turn the filled-out chart into a SMART goal and have your client bring the sheet home with them to serve as a reminder.

STEP 7: Ask, "What do you need to start doing to make it happen?" Work with your client to determine what resources, equipment or information they might need to get started. This is also a good time to discuss what barriers may get in the way and to plan ahead.

* The client's response and the trainer's/coach's follow-up question (e.g., "Why did you choose 6 and not 4?") ensure that goals strike the right balance between being motivating and feasible. From this process of transforming abstract ideas into clearly defined goals that are congruent with what most matters to the client, a specific and realistic plan of action can begin to emerge.

© All rights reserved.

Physical Activity Menu of Options — Client Worksheet

STEP 1: Options	**STEP 2:** Frequency (days/week)	**STEP 3:** Duration	**STEP 4:** Importance (0–10)	**STEP 5:** Confidence (0–10)
Walking				
Racquetball				
Softball				
Volleyball				
Swimming				
Dancing				
Bicycling				
Weightlifting				
Exercise class				
Basketball				
Tennis				
Pickleball				
Running				
Hiking				
Yoga				
Pilates				
Tai chi				
Sit less				
Move more				
Standing break				
Movement snack				
Elliptical				
Rowing machine				
Rucking				
Martial arts				
Boxing				
Golf				
Kayaking				
Paddle boarding				
Rope jumping				
Rock climbing				
Soccer				
Water aerobics				
Circuit training				
Calisthenics				
Boot camp				
Gardening				
Interval training				
Rugby				
Stair climbing				
Other:				
Other:				

© All rights reserved.

STEP 6: What is your **SMART** goal?

Specific:

Measurable:

Attainable:

Relevant:

Time-bound:

STEP 7: How will you make it happen?

© All rights reserved.