

Activity Commitment

- **Activation:** Make the decision to pursue a new behavior. Example: “I am going to walk for 30 minutes every morning before my day begins.”
- **Intensity:** This is the vigor that will be required to attain the goal. Example: “I will have to go to bed a half hour earlier and set my alarm 45 minutes earlier, which will give me the time to dress and undress for the walk.”
- **Persistence:** This is the continued effort that will be required to overcome obstacles. For example, “I have an early appointment tomorrow, so I will take my walking wear with me to work and walk over my lunch hour.”

Now, think about what you would like to do to get more physical activity in your life and what you must require of yourself to get there.

1. The type of activity I want to pursue (activation):

2. What will be required of me to make it happen (intensity):

3. What I must do to keep it ongoing (persistence):

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