Set some goals

What do you want to achieve? Setting a long-term goal will give you something to aim for. Setting some short-term goals will get you on the right track to help achieve that long-term goal.

Be SMART with your goals.

Specific

What exactly do you want to achieve? Say "I'm going to walk at lunchtime" instead of "I'm going to walk some time today".

Measurable

Put a number to it and you'll focus much better. "I'm going to walk for 10 minutes" is better than "I'm going to walk for a little while".

Achievable

Start small and easy, then you'll be more motivated to succeed. Try walking 10 minutes a day to start with.

Relevant

If your goal doesn't make sense to you, it will be much harder to reach. Don't say you'll walk five miles when you can only manage five minutes.

Timed

Give yourself a clear deadline for when you want to reach your goals, put it in your calendar and mark off the days as you get closer to the deadline.

Things to think about when setting your goals

- What are you doing already? Do you walk to the local park with your kids? Do you walk to get your daily paper?

- What small changes can you make right away?

- Be sensible. If you're not very active right now, don't set yourself a goal of walking everywhere by next month. Why not give yourself a target of getting off the bus one stop early and walking the rest of the way home two days a week? Once you've reached that goal, you can think about the next one.

Short-term goals

What will you do to build walking into your day? Think just about the next couple of weeks and write down your short-term goals.

Give yourself a pat on the back

How are you going to reward yourself when you achieve your short-term goals? What can you give yourself or what treat can you enjoy that won't undo all your hard work? Write it down and look forward to it.

I'll reward myself with

Long-term goals

Is there a BHF walking event coming up? Have you found a BHF World Experience you want to do? Longer term goals like these give you something to aim for. What do you want to achieve?