

Self-Assessment



AMERICAN COLLEGE
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Date: _____

1. My exercise and physical activity goal is: _____

2. I will make the following change(s) in order to achieve my goal: _____

3. I am willing to do the following to make it happen: _____

4. Others will know about the change I am making when: _____

5. I might sabotage my plan by: _____

6. Therefore, my agreement to myself is: _____

7. Check-up dates: _____

Signed: _____

Support Person: _____

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