

PHYSICAL ACTIVITY IDENTITY FORMATION

This self-reflection tool aims to assist you in building a physical activity identity.

Step 1: Brainstorm between 4-6 identities you currently hold. These identities reflect the main roles you take on and the identities you see yourself as having when pursuing your interests or other activities. Some examples would be: “dog mom”, “busy parent of three”, “writer”, “foodie”, “couch potato”, “bookworm” etc.

Step 2: In the space below, write these identities down and rank them in a hierarchical order. You will rank in priority the identities most important to you as a person and work down to the identities of least importance to you. Please be as honest and realistic with yourself as possible.

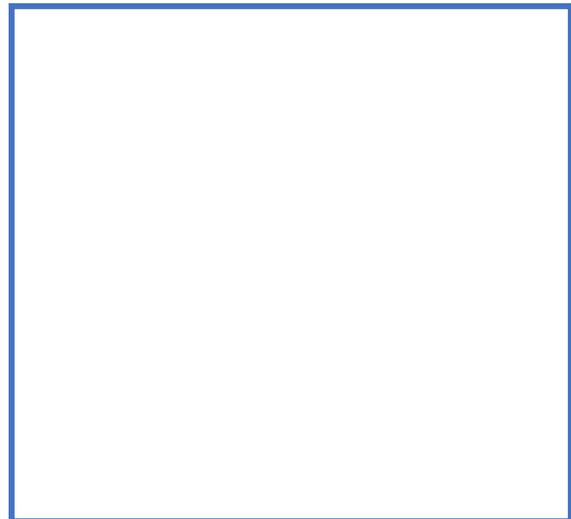
Step 3: Decide where physical activity fits within this hierarchy. Next, affirm this decision in writing at the bottom of the page that physical activity will ALWAYS be done before behaviors associated with the lower-ranked identities. This creates a commitment to physical activity even when some other things have to be sacrificed under time pressures.

Step 4: Brainstorm ways to celebrate and share this new physical activity identity. This can be through purchasing physical activity related equipment such as a new running shirt, or taking pictures of yourself engaging in physical activity and posting these pictures on social media or displaying them in your home.

Hierarchy of Identities



Ways to Celebrate



I, _____ (full name), affirm that physical activity will ALWAYS be done before activities associated with lower-ranked identities.

Signature: _____

BUILDING A PHYSICAL ACTIVITY ROUTINE

This instructional tool aims to help you build daily opportunities for physical activity into the long-term habit of regular physical activity. One way to achieve this is to create a physical activity routine.

Step 1: Think about your current physical activity routine, then identify a specific routine that could be used as a cue to insert your new physical activity routine.

Step 2: Once you have identified this routine as a cue to be physically active, use this cue as a reminder to you to be physically active and follow through with the physical activity right after. Exposure to this cue should only be associated with physical activity.

Step 3: In the boxes below, list some routines that occur once per day which you can use as cues to be physically active. Next to each box, describe how each cue would work to remind you to be physically active. Think of at least two separate routines that can act as cues to you and then put them into action. Some examples have been provided to help guide you.

Please utilize cues that you will not easily miss nor get used to. Your exposure to this specific cue should trigger the association to physical activity. Thus, sticking a note on the fridge to remind yourself to be physically active will not work as you will get used to the note being there all of the time, and very quickly you will stop noticing it, thus rendering the cue ineffective.

****Note:** Individuals' lifestyles and schedules vary, thus you can use one routine/cue to plan for one 30 minute or longer physical activity session per day, or you can use two routines/cues to plan for shorter bouts of physical activity.

Example: Cue

1. After dinnertime

2. In the morning when I wake up

Cue #1:

Cue #2:

Example: Reminder Strategy

Dinner takes place once per day. I can be physically active for 30 minutes after dinner.

Wake up once per day, I can go for a 20 minute walk right after I get out of bed.

Reminder Strategy:

Reminder Strategy: