**Week 7:**

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| **Lesson Plan—Goal Setting****Review Community Resources** |
| **Learning objectives**: Participants will state two community resources that would be helpful to them.Participants will state understanding of setting long and short term goals for exercise. |
| **Materials for leadership team:** **Training guide—plus home safety assessment** |
| SMART goalsCommunity Resources overviewComplete all initial screenings:TUGFear of FallingKnowledgeSTEADI |
|  **Greet all by name—review homework on thoughts/feelings/what do you do to stay motivated—Review who can can help me? What do I need help with?****What are my goals? Long and short term?****Questions from materialsToday we are discussingCommunity ResourcesSetting Goals—****How was your week?For some it was a great week—for others not aa muchLet’s investigate:What made this a great week? How would you repeat that?****If not a great week---what were the barriers? How can we brainstorm to overcome?Discuss for 10-15 minutes****Community Resources--Who is on your team:Who are people that encourage you to be healthy?****What do they say?****What do they do?Is there someone here that you can become an “encourager” for? Social Support handout--someone to listenSomeone to participate with you in exercise—accountabilitySomeone to encourage youSomeone to provide knowledgeSomeone to assist you****What are other assets:Life long learningParmacist for medsPT for physical actiiveiytWellness people FamilyFriends outside of the community****Daytime hours****Goals for the next week:Walking—30 minutes—4-5x/week?Balance exercise daily?****Homework—In class worksheet short-term and long term goalsThink about who are my resources—handoutWhat group or person would you like to reach out to for support this week?What speicifi challenge do you need support to overcome?****How can you continue to communicate to yourself and others to meet goals?communication is key to building supportive relationships.** **Choose good team-mates in your support network****Review all walking logs, balance exerciseNext week final goals** |
| **Continue your exercises:Walking 25-30 minutes (3-4x/week)—Check walking recordReview balance exercisesForward:Goals**Complete handouts:TUGFear of FallingSTEADIKnowledge |
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