

# Physical Movement Goal Ideas

*This is a list of ideas, not recommendations. Consult your physician, physical therapist, registered dietitian, mental health provider, or personal trainer for specific recommendations.*

## Task Initiation Goals

Think of these as  
"See how it feels" goals.

- Get on the exercise bike and check seat adjustments, tension levels. Pedal.
- Stretch each large muscle group.
- Get up and walk a little every hour.
- Squats (do one or two)
- Balance on toes.
- Balance on one foot at a time.
- Use the stairs.
- Lift water bottles, cans, or light weights over your head.

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## Early, Measured Goals

- Stretch each large muscle group for two minutes each.
- Go 250 steps per hour.
- Squats - Do five.
- Go up a flight of stairs at least five times per day.
- Pedal on a stationary bike for ten minutes, lowest resistance to notice an effort.
- Up on toes five times.
- Balance on one foot five times for ten seconds each.
- Lift light weights over your head five times.

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## Graduated, Measured Goals

- Add five minutes each exercise day for timed activities.
- Add five repetitions each exercise day.
- Add 250 steps per day.
- Add a flight of stairs per day.
- Add a level of resistance each week for weighted or intensity-level activities.

# Nutrition Goal Ideas

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## Incorporate More Veggies

- Add fresh spinach to scrambled eggs, sandwiches, or frozen skillet meals.
- Have cherry tomatoes as part of a snack.
- Add broccoli to macaroni and cheese.
- Have baby carrots with hummus or other healthy dip.
- Include extra cooked vegetables to pasta sauce, blend for smooth texture.
- Add fresh cooked vegetables to scrambled eggs.
- Bulk up frozen skillet meals with extra frozen veggies.
- Put main dishes on top of riced cauliflower.

# Nutrition Goal Ideas

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## Replace Added Sugars

- Add raisins, bananas or berries to cereal instead of sugar.
- Keep grapes on the counter for grab-and-go snack.
- Enjoy fruit with a touch of melted semi-sweet dark chocolate.

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## Drink More Water

- Take a sip or two every 30 minutes.
- Have a glass of water with every meal. If you have another beverage, alternate sips.
- Try new flavors of seltzer and find the one or two you like best. Drink it with dinner every night.
- Add a little bit of water to juice, gradually increasing it as you adjust to the taste.

# Tension Reduction Goal Ideas

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## Task Initiation Goals

- Search meditation/relaxation videos on [Youtube](#) and find some you would like to try.
- Take a mindful breath before every transition in your day.
- Practice a brief grounding technique.
- Set an alarm to remind you to sit up straight.
- Take a minute to glance away from what you're doing and notice your surroundings.
- Close your eyes and hear the sounds you haven't been noticing.
- Squeeze and release your hands.
- Do a quick body scan of a problem area.- Release any tension you find.

# Tension Reduction Goal Ideas

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## Early, Measured Goals

- Practice mindful breathing for one full minute.
- Complete a quick scan of your entire body. Relax any tension you find.
- Use alternate nostril breathing for five complete cycles.
- Use progressive muscle relaxation in muscle groups, working your way up or down.
- Do a body scan for two minutes.



# Tension Reduction Goal Ideas

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## Graduated Goals

- Add one minute to mindful breathing per practice each day.
- Complete a thorough body scan over the course of ten minutes, releasing any tension.
- Add a minute to your body scan per practice each day.
- Add a cycle of alternate nostril breathing per practice each day.