

From goal to weekly actions

Translate an outcome into actions you can schedule and review.

01 / Understand the starting point

Write the outcome in ordinary language, then separate it from the behaviors you control. "Feel confident hiking" is an outcome; planned walks and strength sessions are actions.

02 / Make the useful distinction

Choose a few actions with dates, locations and backup versions. Include skill or preparation when it matters instead of relying only on fitness metrics.

03 / Put it into practice

Pick a review measure that reflects the goal: easier stairs, longer comfortable walking or repeatable technique. No single number needs to define every program.

04 / Review and adapt

At review, revise the action if circumstances changed. Keep the outcome flexible enough to fit your health, responsibilities and preferences.

Original education and planning material. Sources support the general context; sample schedules and worksheets are editorial applications, not tested individual prescriptions.

Put the guide to work.

A worked example, then your own next step.

A practical example

Goal: complete a comfortable weekend hike. Actions: two walks, one gradually longer route and two strength anchors. Review walking tolerance and recovery rather than only scale weight.

Your decisions

What task or goal do I want to improve?

What is my starting point and what remains uncertain?

Which detail changes my next useful action?

What would make the action easier to repeat?

When will I review it, and what would require earlier help?

Use the platform

Training: compare programs and technique guides. Daily: generate a session or arrange a week. Planner: calculate targets and select meals. Progress: record completed work. Learn: return to clinical reading when symptoms need professional assessment.

Your working record.

Printable worksheet; use the companion CSV for an editable version.

Outcome	Weekly action	Time and place	Backup version	Review measure

Evidence and original clinical reading

<https://www.who.int/news-room/fact-sheets/detail/physical-activity>

This original workbook is free to keep and use. The source provides background reading; examples are practical frameworks to adapt. Individual medical and nutrition needs require suitable professional advice.