

# MOTIVATION LADDER

## Why do you move?

**I move because...** \_\_\_\_\_  
(For example: I get back pain from sitting all day.)

**To achieve...** \_\_\_\_\_  
(For example: I want to avoid feeling stiff in my back after work.)

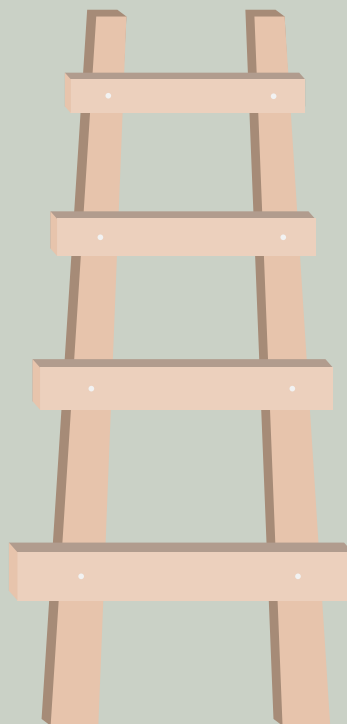
**My goal to achieve this...** \_\_\_\_\_  
(For example: I will stand up once every hour every day.)

## What actions do you need to take to achieve your goal?



**PLAN A**  
ACTION

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



**PLAN B**  
"IF NOT"-ACTION

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_