



Staying motivated

Find your inspiration & set bite sized goals

- Find the 1 thing that will inspire you to get active, such as; fresh air, time away from phone, time to think, meeting others, sleeping better.
- Set some simple achievable goals, break them down and make them realistic. Include a 'Daily Mile' goal & a 'why' goal. For example:

"I will walk a Daily Mile twice a week to get some fresh air"

"I will run once this week and twice next week to help me to sleep better"

"I will jog once this week, twice next week and meet my friends"

- You can gradually build up to a Daily Mile.
- Include a target date for your goals, so they are easier to track.
- Share your goals with supportive people.

Reward your progress

- Reward your progress with something healthy & positive; Call a friend, sit and read, mark it on a tracker or put a star in your diary.
- Reward group progress and achievement when taking part with others or sharing a goal.
- Be kind to yourself when things don't go to plan
- Next remember to reset your goals.

Make it fun & mix it up a bit

- When something is enjoyable you are more likely to stick with it. Consider taking on a challenge.
- For example; Set a total mileage goal with friends and see who reaches it first, or join together to achieve as a group. This can be very motivating.
- Find new routes & discover new sights to keep things fresh. Share them on the *Go Jauntly* app.
- Choose a destination, find out how many miles from your home and challenge yourself to run/jog/wheel/walk the equivalent in a set time, ie Manchester to Edinburgh 220 miles.

Run/Jog/Wheel/Walk with others

- Getting active with friends or family is a great way to keep motivated. You can encourage each other and if you agree dates to do The Daily Mile, you will be less likely to decide not to do it.
- Running/jogging/wheeling/walking with others provides a great chance to chat and catch up and you can easily cover more ground than you thought!
- Running/jogging/wheeling/walking with children can provide great quality time for all.

Track your progress

- Take a look at The Daily Mile trackers to record either number completed, distance covered, time spent exercising, number of days completed. *Daily Mile Minute Tracker* or *Daily Mile Step Tracker*
- Maybe you would prefer to keep a *Daily Mile Diary* to record your runs/jogs/wheels/walks and make a note of how you felt before and after- it's great to look back on your progress.
- You may wish to explore use of tech such as a pedometer or step counter to keep track of how many steps you're doing.
- If you have access to a phone there are apps & websites that can help track distance and count steps too. *Working out a mile & Planning a Daily Mile route*.