

## “I Can, I Will, I Must” Cards and Examples

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| <p><b>I Can:</b> Individual goal - I can increase my weights over the length of the sessions</p> <p><b>I Will:</b> Group goal - I will attend 80-90% of all sessions and participate in phone tree</p> <p><b>I Must:</b> Long term goal - continue seeing progress even after sessions are completed</p> | <p><b>I Can:</b> short-term goal</p> <p><b>I Will:</b> Long term goal</p> <p><b>I Must:</b> Positive or encouraging words to self (i.e. I must succeed, I must push myself a little harder, I must tell myself I can do it everyday, etc.)</p> |
| <p><b>I Can:</b></p> <p><b>I Will:</b></p> <p><b>I Must:</b></p>   | <p><b>I Can:</b></p> <p><b>I Will:</b></p> <p><b>I Must:</b></p>   |
| <p><b>I Can:</b></p> <p><b>I Will:</b></p> <p><b>I Must:</b></p>   | <p><b>I Can:</b></p> <p><b>I Will:</b></p> <p><b>I Must:</b></p>   |