

## **What is the best way to measure and set individual and team goals?**

**The Physical Activity Guidelines for American adults suggest**

**At least 150 minutes (2 hours and 30 minutes) to 300 minutes (5 hours) a week of moderate intensity, OR**

**75 minutes (1 hour and 15 minutes) to 150 minutes (2 hours and 30 minutes) a week of vigorous-intensity aerobic physical activity, OR**

**an equivalent combination of moderate- and vigorous-intensity aerobic activity.**

**Additionally, adults should also do muscle-strengthening activities of moderate or greater intensity involving all major muscle groups on 2 or more days a week.**

**Group goal setting is cooperative rather than competitive. Goals are set by teams by adding up what each team member feels or estimates is a reasonable challenge for them personally.**

**Team goals for physical activity are typically set between 480 and 960 miles.**

- The 480 miles level is considered a minimum for a six-person adult team. 480 miles translates to 30 minutes of moderate-intensity activity, five days a week for each of 6 team members during the 8-week program.
- At this level, each person would need to contribute an average of 80 miles over the 8 weeks (10 miles per week).
- If a team has only five members, then a Team Goal could be set by subtracting 80 from 480. Each team will be different.

- If a team wants to strive for doing an hour of moderately intense physical activity at least 5 days a week (20 miles per team member each week), then the Team Goal would be set at 960 miles.
  - Teams can also set their goal for team miles at some level between 480 and 960.
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- If a team has one or more children participating, it is appropriate to encourage the child to do 60 minutes, five days a week since this is the current recommendation for children.

**The suggested team goal for fruits and vegetables is about 1600 for the 8-week program period for a team of six adults.**

- Per team member, this equates to 280 cups over the 8 weeks, or 5 cups a day, every day.
  - If there are only five members on a team, subtract 280 from 1600 to arrive at a Team Goal for fruits and veggies.
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- Five cups a day is recommended as a goal for adults based on the Dietary Guidelines.
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- For teams of children aged 5-11 a more appropriate level would be about 196 cups per team member for the 8-week period (or 3.5 cups per day for each child).