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D2.1 Toolkit for Inclusive Physical Literacy, module 2 of 10

Self-assessment and goal setting

See where you are starting from, set a goal and one small step, and check your legs, flexibility and balance.



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Module 2 of 10

2 Self-assessment and goal setting

See where you are starting from, set a goal and one small step, and check your legs, flexibility and balance.

In this module

1	Physical literacy self-assessment	3
2	Goal setting worksheet	3
3	Baseline tracking	4

Read or listen on your phone

This module helps you see where you are starting from. Then you choose a goal and one small step.

There are three short forms. You can fill them in on your phone or on paper.

Your answers are saved only on this phone or computer. They are not sent to anyone. If other people use it, delete your answers when you finish.

This is not a test. You only compare yourself with yourself.

1 Physical literacy self-assessment

Ten quick questions about how you move now. They ask about your week, everyday movement, what your body does well and what you would like to find easier.

Here, literacy is not about reading and writing. It is about how you move and how you feel about moving.

It takes about 5 minutes.

My starting point
Ten quick questions about how you move now and what you would like to find easier.
About 5 minutes **Form on page 5**

Answer the same questions again after 3, 6 and 12 months. Then you can see what has changed.

If you have a health problem, first read who should talk to a health professional (vitality.sports4.eu/toolkit/movement/#safety).

2 Goal setting worksheet

A goal helps you keep going. Start with one small step for this week. Then think about where you would like to be in 3 months or later.

Make your step small and easy, so you are sure you can do it. Plan when and where you will do it.

Think about what could get in your way. Then plan what you will do if it happens. For example: if it rains, then I will dance at home to 2 songs.

My goals

Choose a small step for this week and a goal for 3 months or later. Plan for what gets in the way.

About 5 minutes **Form on page 9**

Each week, tick the days you did your small step in My week (vitality.sports4.eu/toolkit/forms/progress-log).

3 Baseline tracking

Three simple checks show your starting point. They check your legs, your flexibility and your balance. The legs check shows strength and endurance: how long you can keep going.

They take about 15 minutes, with the warm-up.

Write down your results. Do the same checks again after 3, 6 and 12 months.

Compare only with your own start. There is no score to reach.

My body checks

Three simple checks of your legs, flexibility and balance. Do them now, then again after 3, 6 and 12 months.

About 15 minutes, with the warm-up **Form on page 12**

Before you start, read how to stay safe (vitality.sports4.eu/toolkit/movement/#safety). Do the checks next to a wall, with a chair that has no wheels or arms.

Form

My starting point

Ten quick questions about how you move now and what you would like to find easier.

About 5 minutes

Fill it in on your phone

This is not a test. There are no right or wrong answers. Your answers show you where you are starting from.

Your week



	Start	3 months	6 months	12 months
Today's date				
Last week, on how many days were you active for 30 minutes or more?	days	days	days	days
Last week, on how many days did you do something to make your muscles stronger?	days	days	days	days

	Start	3 months	6 months	12 months
On a normal day, about how many hours do you sit?				
Less than 4 hours	☐	☐	☐	☐
4 to 7 hours	☐	☐	☐	☐
8 hours or more	☐	☐	☐	☐
I am not sure	☐	☐	☐	☐
When in the day could you find 10 minutes for yourself? Tick all that apply.				
Morning	☐	☐	☐	☐
Afternoon	☐	☐	☐	☐
Evening	☐	☐	☐	☐
It changes every day	☐	☐	☐	☐

Moving in daily life



	Start	3 months	6 months	12 months
Is it hard for you to walk or climb stairs?				
Not hard	☐	☐	☐	☐
A little hard	☐	☐	☐	☐
Very hard	☐	☐	☐	☐

	Start	3 months	6 months	12 months
Is it hard for you to carry a bag of shopping?				
Not hard	☐	☐	☐	☐
A little hard	☐	☐	☐	☐
Very hard	☐	☐	☐	☐
Is it hard for you to bend down to pick something up from the floor?				
Not hard	☐	☐	☐	☐
A little hard	☐	☐	☐	☐
Very hard	☐	☐	☐	☐

How you feel about moving



	Start	3 months	6 months	12 months
How sure are you that you can be active on 3 days a week?				
Not sure	☐	☐	☐	☐
A little sure	☐	☐	☐	☐
Very sure	☐	☐	☐	☐

	Start	3 months	6 months	12 months
What can your body do well now? Tick all that are true.				
Walk	☐	☐	☐	☐
Climb stairs	☐	☐	☐	☐
Carry things	☐	☐	☐	☐
Dance	☐	☐	☐	☐
Play with children	☐	☐	☐	☐
Stretch	☐	☐	☐	☐
Something else	☐	☐	☐	☐
What would you like to find easier? Tick up to 2.				
Walking further	☐	☐	☐	☐
Climbing stairs	☐	☐	☐	☐
Carrying things	☐	☐	☐	☐
Bending down	☐	☐	☐	☐
Feeling less tired	☐	☐	☐	☐
Something else	☐	☐	☐	☐

Keep your answers. After 3, 6 and 12 months, answer the same questions again and see what has changed.

If you have a health problem, first read who should talk to a health professional (vitality.sports4.eu/toolkit/movement/#safety).

Form

My goals

Choose a small step for this week and a goal for 3 months or later. Plan for what gets in the way.

About 5 minutes

Fill it in on your phone

Start with one small step this week. Then think about where you would like to be in 3 months or later. You can change your goals at any time.

Why and what

Why do I want to be more active? Tick any that are true for me.

- [ ] To feel stronger
- [ ] To have more energy
- [ ] To feel calmer
- [ ] To sleep better
- [ ] To keep up with my children
- [ ] To meet other women
- [ ] Something else

What do I enjoy, or want to try? Tick all that apply.

- [ ] Walking
- [ ] Dancing to music
- [ ] Exercises at home
- [ ] Stretching
- [ ] Moving with other women
- [ ] A group only for women
- [ ] Something else

What can I use to be active? Tick all that apply.

- [ ] A chair
- [ ] A wall
- [ ] Some floor space
- [ ] A safe place outside
- [ ] Someone to join me
- [ ] Something else

My goals

In 3 months or later, what would I like to be able to do?

My small step for this week

When and where will I do it?

What could get in my way

What could get in my way? Tick all that apply.

- [ ] No time
- [ ] Family and children
- [ ] Feeling tired or unwell
- [ ] Cost
- [ ] No safe place, or no place only for women
- [ ] I feel shy or unsure
- [ ] Something else

If this happens, then I will...

Who can help me or join me?

How sure am I?

How sure am I that I can do my small step?

- [ ] Not sure
- [ ] A little sure
- [ ] Very sure

Each week, tick the days you did your small step in My week (vitality.sports4.eu/toolkit/forms/progress-log).

Form

My body checks

Three simple checks of your legs, flexibility and balance. Do them now, then again after 3, 6 and 12 months.

About 15 minutes, with the warm-up

Fill it in on your phone

These three checks show your starting point. Do them again later and compare with your own start. There is no score to reach.

Before you start

- Do the warm-up (vitality.sports4.eu/toolkit/movement/#warm-up-cool-down) first. It takes about 5 minutes.
- Wait until you feel well, and at least a week after a fever or flu.
- If you can, do them when someone else is at home. Keep your phone near you.
- Read who should talk to a health professional first (vitality.sports4.eu/toolkit/movement/#safety).
- Stop at once if something hurts, or if you feel dizzy or sick, your chest hurts or your heart races. Sit down and rest.
- If chest pain, a racing heart or dizziness does not go away quickly, get urgent help now. In Norway, call 113 for an ambulance, or 112 for the police. In Poland, call 112 or 999. In Türkiye, call 112.
- Read how to stay safe (vitality.sports4.eu/toolkit/movement/#safety).

The steps here are a little different from the exercise cards. For the checks, follow these steps.

	Start	3 months	6 months	12 months
Today's date				

Legs: sit to stand in 30 seconds

You need a chair without wheels or arms, placed against a wall. You also need a timer, such as the one on your phone.

1. Sit in the middle of the chair with your feet flat on the floor.
2. Practise standing up once, slowly.
3. Start the timer. Then cross your arms and put your hands on your shoulders.
4. Stand up all the way, then sit down all the way.
5. Keep going at a steady pace for 30 seconds. Count each time you stand up. Keep breathing.
6. If you need your hands to stand up, use them.

	Start	3 months	6 months	12 months
How many times did you stand up in 30 seconds?	times	times	times	times
Did you use your hands?				
No	☐	☐	☐	☐
Yes	☐	☐	☐	☐

Flexibility: reach to your toes

You need a chair without wheels, placed against a wall. Never stretch into pain. If you have had hip or back surgery, ask your doctor first.

1. Sit on the front edge of the chair. Keep one foot flat on the floor.
2. Stretch your other leg out straight, with the heel on the floor and the toes up.
3. Put one hand on top of the other. Lean forward slowly from your hips.
4. Slide your hands down your leg until you feel a stretch. Hold for 2 seconds. Do not bounce.
5. See where your fingertips are. Then do the same with the other leg.

	Start	3 months	6 months	12 months
With your right leg straight, how far did you reach?				
Above my knee	☐	☐	☐	☐
My knee	☐	☐	☐	☐
The middle of my shin	☐	☐	☐	☐
My ankle	☐	☐	☐	☐
My toes	☐	☐	☐	☐
Past my toes	☐	☐	☐	☐
With your left leg straight, how far did you reach?				
Above my knee	☐	☐	☐	☐
My knee	☐	☐	☐	☐
The middle of my shin	☐	☐	☐	☐
My ankle	☐	☐	☐	☐
My toes	☐	☐	☐	☐
Past my toes	☐	☐	☐	☐

Balance: stand on one leg

Stand facing a wall, close enough to touch it. Use a timer, or count slowly.

1. Touch the wall with your fingertips.
2. Lift one foot a little off the floor.
3. When you feel steady, lift your fingers just off the wall. Keep them close to it.
4. Start counting when your fingers leave the wall. Stop counting when you touch the wall or put your foot down. Stop at 30.
5. Now do the same on your other leg.

	Start	3 months	6 months	12 months
How many seconds did you stand on your right leg?	seconds	seconds	seconds	seconds
How many seconds did you stand on your left leg?	seconds	seconds	seconds	seconds

Do the same checks after 3, 6 and 12 months.

Compare only with your own start. Small changes count.

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Toolkit for Inclusive Physical Literacy

Simple ways for women to move more, at home and together

Open the toolkit on your phone

vitality.sports4.eu/toolkit

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