

Planning Worksheet

Primary Goal:

☐ To improve my health

Secondary Goals:

☐ Strengthen & tone my muscles

☐ Extend my endurance

☐ Lose Pounds in Weeks

A pound a week is reasonable, so break down bigger goals into smaller, manageable chunks.

☐ Step up my game in
(a sport)

☐ Be able to enjoy

Here consider fun activities you are missing out on. Are you finding it hard to make it up stairs, smash an overhead in tennis, or dig deep while gardening?

My current exercise routine:

Think about the amount of exercise you typically do each month and fill in the following.

Right now, I exercise :

☐ Rarely or never.

☐ For minutes per week at

(low/moderate/vigorous) intensity

☐ Meet guidelines for Aerobic activity

At least 150 minutes (moderate) activity or 75 minutes (vigorous) activity each week

☐ Meet guidelines for Strength training

Performing strength training exercises for all major muscle groups twice a week

☐ Perform Balance exercises

Twice each week

Going Forward:

Compare your current routine with the exercises guidelines supplied in the e-book and fill the gaps.

I'd like to:

☐ Exercise times a week for

minutes at Intensity

I'd add the following to my weekly routine:

☐ Aerobic exercise

☐ Strength training

☐ Balance exercises

☐ Flexibility exercises

My new plan:

Fill in some goals for a week. Remember, this can be in two or three chunks, or the workouts you plan to try.

I can do:

➤ on Monday at
.....

➤ on Tuesday at
.....

➤ on Wednesday at
.....

➤ on Thursday at
.....

➤ on Friday at
.....

➤ on Saturday at
.....

➤ on Sunday at
.....

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Staying on track:

I will gain support for my new plan by

➤ Lining up an exercise partner for walks or workouts on these day:

- ☐ Monday
- ☐ Tuesday
- ☐ Wednesday
- ☐ Thursday
- ☐ Friday
- ☐ Saturday
- ☐ Sunday

➤ Telling a friend about my plan and asking him/her to check in with me once a week on to cheer me on and encourage me to stay the course.

➤ Hiring a personal trainer on these days:

- ☐ Monday
- ☐ Tuesday
- ☐ Wednesday
- ☐ Thursday
- ☐ Friday
- ☐ Saturday
- ☐ Sunday

➤ Rewarding myself by doing at the end of the week if I follow my plan.

I can be healthy. I will be healthy.