

PHYSICAL ACTIVITY PLANNER

WEEK # _____

MON	TUE	WED	THU	FRI	SAT	SUN
						
Target: 60 min	Target: 60 min	Target: 60 min	Target: 60 min	Target: 60 min	Target: 60 min	Target: 60 min
Total:	Total:	Total:	Total:	Total:	Total:	Total:

Types of physical activity:

- Lifestyle Physical Activities eg: Fun games, walking, gardening, playing a musical instrument
- Fitness eg: workouts, press ups, abs
- Active Sports and Aerobic Activity eg: dancing, basketball, running, cycling, skipping
- Flexibility Activities eg: Yoga, gymnastics, stretching

Weekly Total:

Fill in the boxes above with your daily physical activities. We recommend at least 2 planned physical activities a day.