Handout #2: My Exercise Action Plan

Try using this plan for a week. If you like it, keep it up, or modify it to fit your goals.

1. This week my goal is to spend \_\_\_\_\_\_\_\_\_\_\_\_\_\_ minutes doing cardiovascular exercise.
2. This week my goal is to spend \_\_\_\_\_\_\_\_\_\_\_\_\_\_ minutes doing weight training exercise.
3. This week my goal is to spend \_\_\_\_\_\_\_\_\_\_\_\_\_\_ minutes doing flexibility training.
4. This week, I’d also like to do this to support my overall health: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- | --- | --- | --- | --- | --- | --- |
| Day of Week | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Time of Exercise |  |  |  |  |  |  |  |
| Description of Exercise |  |  |  |  |  |  |  |
| Duration of Exercise |  |  |  |  |  |  |  |
| Notes/Feelings |  |  |  |  |  |  |  |

1. At the end of the week, I feel \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Next week, I’d like to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_