

WEEKLY MOVEMENT PLAN

Try a weekly movement plan

Put some time aside in the calendar for exercise each week. See the sample plan below or fill in the 6-week movement plan to help you get started.

This plan has a total time of 2 ½ to 3 hours moderate activity which is the recommendation. If you prefer more high intensity exercise, you can swap this out for 1 ½ hours of high intensity exercise instead.

SAMPLE MODERATE WEEKLY MOVEMENT PLAN

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
AM	30 min walk Moderate exercise		Yoga or Trekstock class Strength activity		Yoga or Trekstock class Strength activity		
PM		30 min walk or swim Moderate exercise		30 min walk or swim Moderate exercise			30 min walk or swim Moderate exercise
Time	30 min	30 min	15-30 min	30 min	15-30 min		30 min

My physical activity goals are:

I would like to achieve these by:

My barriers to being active are:

My solutions to overcome these barriers are:

Supporters who will help keep me on track are:

Now it's time for you to set some exercise goals.

ACTIVITY

Fill in your own Movement Plan

MOVEMENT PLAN:
 Use the template to put some activity into your week. While the first week might be hard, don't give up. Keep going for the next 4 - 6 weeks so you can see the change unfold. Remember to make it fun too!

WEEKLY MOVEMENT PLAN

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 1	Time	Time	Time	Time	Time	Time	Time
AM							
PM							
Week 2	Time	Time	Time	Time	Time	Time	Time
AM							
PM							
Week 3	Time	Time	Time	Time	Time	Time	Time
AM							
PM							
Week 4	Time	Time	Time	Time	Time	Time	Time
AM							
PM							
Week 5	Time	Time	Time	Time	Time	Time	Time
AM							
PM							
Week 6	Time	Time	Time	Time	Time	Time	Time
AM							
PM							