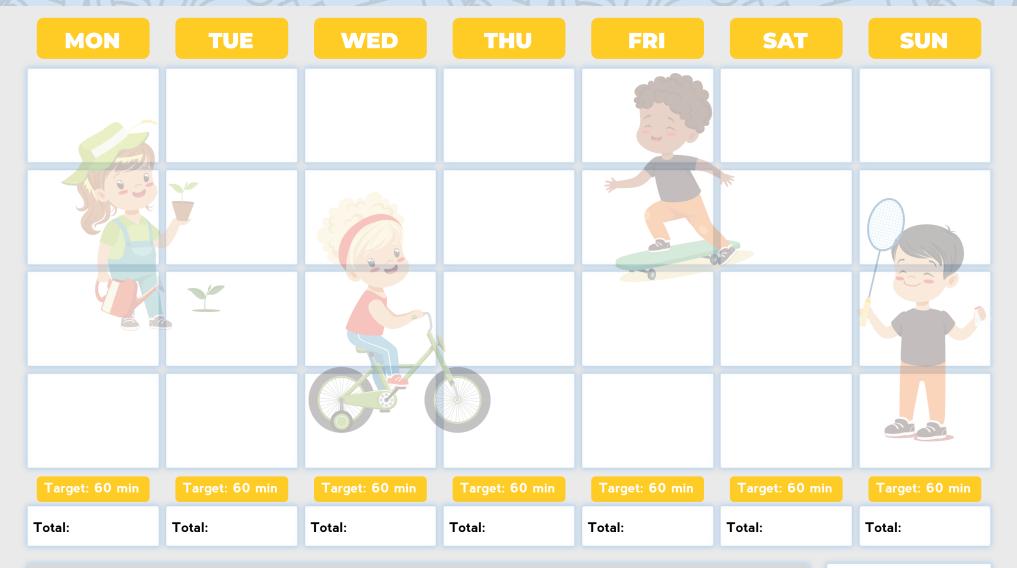


PHYSICAL ACTIVITY PLANNER

WEEK #



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.