

### 10-Week Goals

At 10 weeks, my physical activity will include:

- |   |   |
|---|---|
| <input type="checkbox"/> Walking                | <input type="checkbox"/> Yoga                   |
| <input type="checkbox"/> Cycling                | <input type="checkbox"/> Aerobics class         |
| <input type="checkbox"/> Dancing                | <input type="checkbox"/> Swimming               |
| <input type="checkbox"/> Gardening (vigorous)   | <input type="checkbox"/> Pilates                |
| <input type="checkbox"/> Calisthenics exercises | <input type="checkbox"/> Running                |
| <input type="checkbox"/> Rowing/canoeing        | <input type="checkbox"/> Golf (walking w/clubs) |
| <input type="checkbox"/> Self-defense sports    | <input type="checkbox"/> Basketball             |
| <input type="checkbox"/> Racquetball            | <input type="checkbox"/> Jumping rope           |
| <input type="checkbox"/> Tennis                 | <input type="checkbox"/> Volleyball             |
| <input type="checkbox"/> Skiing                 | <input type="checkbox"/> Other _____            |
| <input type="checkbox"/> Hiking                 | <input type="checkbox"/> Other _____            |

Frequency (times per week): \_\_\_\_\_

Time(s) of day I will exercise: \_\_\_\_\_

Intensity:  Easy  Moderate  Vigorous

Duration (minutes per day): \_\_\_\_\_ or

Aerobic Miles per day: \_\_\_\_\_ or

Number of steps per day (using a pedometer): \_\_\_\_\_

Strength-building exercise – Times per week: \_\_\_\_\_

Flexibility/stretching exercise – Times per week: \_\_\_\_\_

**At the end of 10 weeks, my physical activity goal is (be specific):** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### Week 2: Track Your Journey

|                          | SUN | MON | TUES | WED | THURS | FRI | SAT |
|--------------------------|-----|-----|------|-----|-------|-----|-----|
| Hours of sleep per night |     |     |      |     |       |     |     |
| Exercise minutes per day |     |     |      |     |       |     |     |
| Aerobic miles per day    |     |     |      |     |       |     |     |
| Steps per day            |     |     |      |     |       |     |     |