

10-Week Goals

At 10 weeks, my physical activity will include:

- ☐ Walking
- ☐ Yoga
- ☐ Cycling
- ☐ Aerobics class
- ☐ Dancing
- ☐ Swimming
- ☐ Gardening (vigorous)
- ☐ Pilates
- ☐ Calisthenics exercises
- ☐ Running
- ☐ Rowing/canoeing
- ☐ Golf (walking w/clubs)
- ☐ Self-defense sports
- ☐ Basketball
- ☐ Racquetball
- ☐ Jumping rope
- ☐ Tennis
- ☐ Volleyball
- ☐ Skiing
- ☐ Other \_\_\_\_\_
- ☐ Hiking
- ☐ 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							