



MY PHYSICAL ACTIVITY TRACKER

Set goals that are specific and achievable.

Week 2: Physical Activity Goal Planning Worksheet

This Week's Goals

My 1st week of physical activity will include:

- Walking
- Cycling
- Dancing
- Gardening (vigorous)
- Calisthenics exercises
- Rowing/canoeing
- Self-defense sports
- Racquetball
- Tennis
- Skiing
- Hiking
- Yoga
- Aerobics class
- Swimming
- Pilates
- Running
- Golf (walking w/clubs)
- Basketball
- Jumping rope
- Volleyball
- Other _____
- 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 this week, my physical activity goal is (be specific): _____

REWARD

When I reach my physical activity goal, I will reward myself with:

COMMITMENT

To the best of my ability, I will try to reach this goal.

My signature

My support person's signature