



# 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:

- |   |   |
|---|---|
| <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 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