

# My Plan to Stay Physically Active

## GOAL(S):

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**What are some steps I could take to reach these goals?**

\_\_\_\_\_

## COMMITMENT PLAN:

I will exercise \_\_\_\_\_ times a week for about \_\_\_\_\_ minutes each time.

What types of activity will you do?

\_\_\_\_\_

Will you exercise alone or with another person or group?

\_\_\_\_\_

Where will you exercise?

\_\_\_\_\_

What will you do on the days you don't feel like exercising?

\_\_\_\_\_