

## Planning for Physical Activity

Becoming more active can seem daunting at first. Having a specific physical activity plan can make it easier to get started and translate your goals into action.

*Remember to speak with your team about specific activities and potential accommodations that may be appropriate for you.*

**What** type of physical activity will you do? Choose activities that interest you and align with your goals and motivations. *List below the activity or activities you will do.*

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**Where** will you do the activity? Think about the opportunities and resources in your home or community. Also consider the environment – do you need a quiet space away from bright lights or loud noise? *Describe below where you plan to do the activity or activities.*

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**When** will you do the activity? Consider your other responsibilities and determine the best time to be active. Plan to be active at a time when you generally feel better. *Describe below when you plan to do the activity or activities.*

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**How long** will you be active for? Speak with your team about the appropriate duration. *Describe below how long you will do the activity or activities.*

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**Who** can support you? Is there anyone that can help support your plan? For ideas, check out our handout on social support for physical activity. *Describe below how you can engage other people to support your physical activity plan.*

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Once you have made your physical activity plan, **schedule** it in your calendar and **tell others** about it to make it more likely that you follow through on it.

Use the calendar below to plan your physical activities for the next month.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<i>Treadmill in the morning (25 minutes)</i>	<i>Online workout video in the evening (20 minutes)</i>		<i>Yoga class in the afternoon (30 minutes)</i>		<i>Walk to the park with my kids in the afternoon (40 minutes)</i>