Challenge Yourself to Move

Did you know that physical activity benefits both your body and your brain?

Why I will become active:

What motivates me?

What are my goals?

How I will build my weekly routine:

Include in my plan the activities I enjoy.

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My activity pal(s): ________________________________

How I will keep my routine when:

The weather is bad.
- Exercise indoors
- Go for a swim
- Do strength training

I’m not feeling well.
- Reschedule for another day

My activity pal cancels.
- Have a list of people to call
- Plan group activities

I missed my planned activity.
- Go now if it is safe
- Reschedule right away
- Restart your routine tomorrow

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