

# My 4-Week Activity Planner

This easy-to-use planner will help keep you focused on your activity goals. You can use it to schedule your activities each day for 4 weeks. Simply print out the page, fill in the activities you plan to do, then post the planner in a spot where you'll see it every day.

To help you in your planning, check out the recommended activity guidelines below. Keep in mind that you may need to build up gradually to these levels. Good luck reaching your goal—you can do it.

## Recommended guidelines for healthy adults from the American College of Sports Medicine and the American Heart Association:

- Aerobic (endurance) exercise—aim for 5 days a week
- Strength training—aim for 2 days a week

## If you are older than 65 years or have a chronic health condition, you also want to aim for:

- Flexibility exercises 2 days a week
- Balance activity 2 days a week (if you are prone to falling)

**Always check with your health care professional before beginning any activity plan or increasing your activity. It's also important to ask him or her what your target heart rate is to help determine what exercise intensity is appropriate for you.**

Here's an example of how to use the planner. This person did aerobic exercise 3 days, strength training 2 days, and flexibility exercises 3 days that week. At the end of the week, be sure to tally up your total as the example shows.

	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Number of days
Aerobic exercise		✓		✓		✓		3
Strength training			✓		✓			2
Flexibility exercises	✓			✓			✓	3
Balance activity								0

# My 4-Week Activity Planner

Week 1	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Number of days
Aerobic exercise								
Strength training								
Flexibility exercises								
Balance activity								
Week 2	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Number of days
Aerobic exercise								
Strength training								
Flexibility exercises								
Balance activity								
Week 3	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Number of days
Aerobic exercise								
Strength training								
Flexibility exercises								
Balance activity								
Week 4	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Number of days
Aerobic exercise								
Strength training								
Flexibility exercises								
Balance activity								