

In motion Activity Planner

Planning ahead is a key factor for staying motivated and "in motion"! Use this planner to help you get "in motion" by identifying your goals, favourite activities and highlighting your success!

Getting at least **30 - 60 minutes** of physical activity daily is great for your health! Do it all at once or in 10-minute blocks several times a day!

My "in motion" goal for the month of _____ is:

Planning Tips

Start each month by identifying:

1. an "in motion" goal that will work for you;
 2. activities that you plan to do;
 3. when you will be "in motion";
 4. steps you will need to take to help you get "in motion";
 5. minutes you will be "in motion"!
- Once you've completed your activities, check the box on the right to mark that you were "in motion"!**

| DATE | ACTIVITY | WHEN | ACTION STEPS | MINUTES | <input checked="" type="checkbox"/> |
|------|--------------------|------|--|---------|-------------------------------------|
| e.g. | Go for a bike ride | 5 pm | Inflate tires, meet Karen at her house | 45-60 | <input checked="" type="checkbox"/> |
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