

In motion Weekly Activity Planner

Research shows that people who set goals and plan ahead are more likely to be active and “in motion”!
 Use this tool at the start of each week to help you plan ahead and identify **when, where** and **how** you will get “in motion” for good health!



My “in motion” goal for the week of _____ is:

Day	Activity	Time	Minutes “in motion”	Location	Action Steps	<input checked="" type="checkbox"/>
e.g.	walking	7 a.m.	45 min	Assiniboine Park	Set alarm, meet Joe at park, etc.	<input checked="" type="checkbox"/>
Monday						<input type="checkbox"/>
Tuesday						<input type="checkbox"/>
Wednesday						<input type="checkbox"/>
Thursday						<input type="checkbox"/>
Friday						<input type="checkbox"/>
Saturday						<input type="checkbox"/>
Sunday						<input type="checkbox"/>

After completing your activities, check the box on the right to mark that you were “in motion”!

For good health, experts recommend that you participate in at least **30-60 minutes** of moderate physical activity daily and be sure to include strengthening, endurance and flexibility activities in your regular routine!

