



My Exercise Plan

The reason I want to improve my physical activity is:

My accountability partner is:

My plan to communicate with them is:

The location where I will exercise is:

The clothes I will wear are:

The equipment I will need is:

The music I will listen to is:

The specific activities I have chosen are:

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My schedule for the week of ____/____/____ is:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Planned Activity:							
Actual Activity:							
Total Time:							

1. Add your planned activities to your weekly schedule or calendar, allowing for at least 20 minutes per day (or two-and-a-half hours per week).
2. Put this plan somewhere you can look at it often, such as on your bathroom mirror, bedroom wall, or front door.
3. Make sure you use this paper to document your actual activity each week to track your progress.