



Activity log

For a couple of weekdays and a weekend, write down how much time you are physically active (for example, walking, gardening, playing sport, dancing or lifting weights). The goal is to find as many ways as possible to increase your level and amount of physical activity.

	Activity	Number of minutes	Ways to increase activity
Weekday one			

Total minutes

Weekday two			

Total minutes

Weekend			

Total minutes



Goal-setting worksheet

Your success depends on setting goals that really matter to you. Write down your goals, put them where you can see them and renew them regularly.

Short-term goals

Write down at least two of your own personal short-term goals. What will you do over the next week or two that will help you make physical activity a regular part of your life?

1.

2.

3.

Long-term goals

Write down at least two long-term goals. Focus on where you want to be in six months, a year, or two years from now. Remember, setting goals will help you make physical activity part of your everyday life, monitor your progress and celebrate your successes.

1.

2.

3.



Weekly physical activity plan

Use this form to make your own physical activity plan — one you think you really can manage. Update your plan as you progress. Aim for moderate-intensity endurance activities on most, preferably all days. Try to do strength exercises for all your major muscle groups, **but don't exercise the same muscle group two days in a row**. For example, do upper-body strength exercises on Monday, Wednesday and Friday and lower-body strength exercises on Tuesday, Thursday and Saturday. Don't forget to include balance and flexibility exercises.

Week of	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Upper-body strength							
Lower-body strength							
Balance							
Flexibility							
Endurance							



Sample weekly physical activity plan

Here is an example of how to use the weekly plan to set up your physical activity schedule. Add a variety of physical activities as you feel able. Remember to copy a number of blank plans. In the sample table below you will see mention of ‘repetitions’ and ‘sets’.

To check on these definitions, please refer to page 33 of *Ageing with vitality: Your everyday guide to healthy active ageing*.

Week of	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Upper-body strength	Wall push-up 10–15 repetitions; 1–2 sets Overhead arm raise 10–15 repetitions; 1–2 sets		Front arm raise 10–15 repetitions; 1–2 sets Elbow extension 10–15 repetitions with each arm; 1–2 sets		Side arm raise 10–15 repetitions; 1–2 sets Wrist curl 10–15 repetitions on each hand; 1–2 sets		Arm curl 10–15 repetitions; 1–2 sets Chair dip 10–15 repetitions; 1–2 sets
Lower-body strength		Back leg raise 10–15 repetitions on each leg; 1–2 sets Chair stand 10–15 repetitions; 1–2 sets		Side leg raise 10–15 repetitions on each leg; 1–2 sets Knee curl 10–15 repetitions on each leg; 1–2 sets		Back leg raise 10–15 repetitions on each leg; 1–2 sets Chair stand 10–15 repetitions; 1–2 sets	
Balance	Stand on one foot, hold for 10 seconds, 10–15 repetitions on each leg; 1–2 sets	Heel-to-toe-walk 20 steps	Toe stand 10–15 repetitions; 1–2 sets	Balance walk 20 steps	Stand on one foot, hold for 10 seconds, 10–15 repetitions on each leg; 1–2 sets	Tai Chi class	Heel-to-toe-walk 20 steps
Flexibility	Shoulder/chest Thigh	Back 1 Back of leg	Calf Neck	Back 2 Inner thigh	Shoulder Upper body	Lower back Back of leg	Shoulder and upper arm Thigh
Endurance	Mow the lawn	Swim	Brisk walk	Game of tennis	Brisk walk	Digging in the garden	Cycling



Daily endurance record

You can use this form to record your endurance activities. Try to build up to at least 30 minutes of moderate-intensity endurance activity on most, preferably all days of the week. **Every day is best.**

Week of	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Endurance activity							
How long did you do it?							

Week of	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Number of steps							

