

**INSTRUCTIONS:** Number the days of the upcoming month and plan out the physical activities you will do. You must plan for a minimum of 150 minutes/week total.

**Upcoming Month:** \_\_\_\_\_

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	TOTAL MIN/WEEK
Example: 4:15pm-5:30pm Hatha Yoga class at Bonsor 75 min.	Time: Activity: Duration:	Time: Activity: Duration:	Time: Activity: Duration:	Time: Activity: Duration:	Time: Activity: Duration:	Time: Activity: Duration:	Total:
Time: Activity: Duration:	Time: Activity: Duration:	Time: Activity: Duration:	Time: Activity: Duration:	Time: Activity: Duration:	Time: Activity: Duration:	Time: Activity: Duration:	Total:
Time: Activity: Duration:	Time: Activity: Duration:	Time: Activity: Duration:	Time: Activity: Duration:	Time: Activity: Duration:	Time: Activity: Duration:	Time: Activity: Duration:	Total:
Time: Activity: Duration:	Time: Activity: Duration:	Time: Activity: Duration:	Time: Activity: Duration:	Time: Activity: Duration:	Time: Activity: Duration:	Time: Activity: Duration:	Total:
Time: Activity: Duration:	Time: Activity: Duration:	Time: Activity: Duration:	Time: Activity: Duration:	Time: Activity: Duration:	Time: Activity: Duration:	Time: Activity: Duration:	Total:

**\*Make your plan realistic and aim to start following it tomorrow!\***