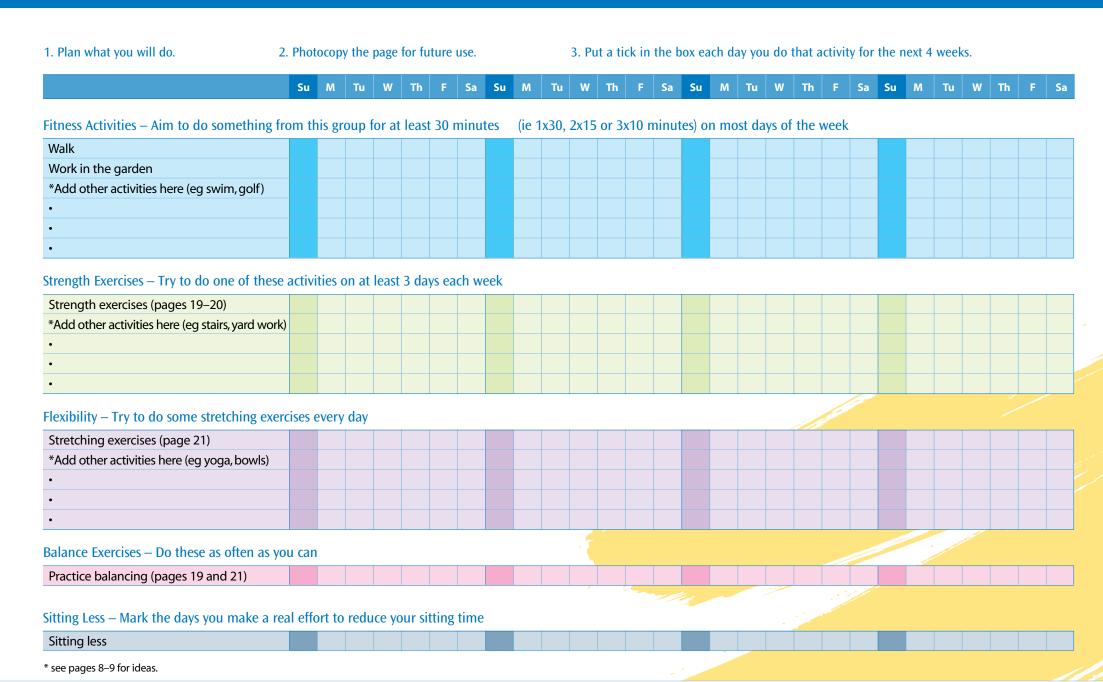# *Choose Health* Monthly Activity Planner

1. Plan what you will do.   2. Photocopy the page for future use.   3. Put a tick in the box each day you do that activity for the next 4 weeks.

	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa

Fitness Activities – Aim to do something from this group for at least 30 minutes   (ie 1x30, 2x15 or 3x10 minutes) on most days of the week

	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa
Walk																												
Work in the garden																												
*Add other activities here (eg swim, golf)																												
•																												
•																												
•																												

Strength Exercises – Try to do one of these activities on at least 3 days each week

	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa
Strength exercises (pages 19–20)																												
*Add other activities here (eg stairs, yard work)																												
•																												
•																												
•																												

Flexibility – Try to do some stretching exercises every day

	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa
Stretching exercises (page 21)																												
*Add other activities here (eg yoga, bowls)																												
•																												
•																												
•																												

Balance Exercises – Do these as often as you can

	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa
Practice balancing (pages 19 and 21)																												

Sitting Less – Mark the days you make a real effort to reduce your sitting time

	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa
Sitting less																												

* see pages 8–9 for ideas.