

# Challenge Yourself to Move

Did you know that physical activity benefits **both** your body and your brain?

## Why I will become active:

What motivates me? \_\_\_\_\_

What are my goals? \_\_\_\_\_

## How I will build my weekly routine:

Include in my plan the activities I enjoy.

|    | SUN | MON | TUES | WED | THURS | FRI | SAT |
|----|-----|-----|------|-----|-------|-----|-----|
| AM |     |     |      |     |       |     |     |
| PM |     |     |      |     |       |     |     |

My activity pal(s): \_\_\_\_\_

## How I will keep my routine when:

The weather is bad.



- Exercise indoors
- Go for a swim
- Do strength training

I'm not feeling well.



- Reschedule for another day

My activity pal cancels.



- Have a list of people to call
- Plan group activities

I missed my planned activity.



- Go now if it is safe
- Reschedule right away
- Restart your routine tomorrow

