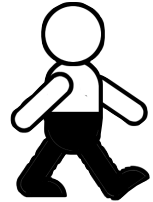


My Plan to Be Physically Active

MY GOAL: Be physically active for 60 minutes each day. Do different types of activities—activities to build flexibility, strength, and endurance—during the week.

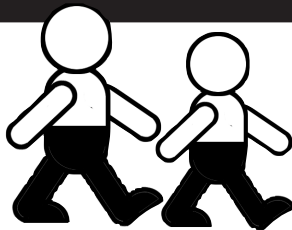
Day: When I will work on my goal	Activity: Steps I will take to reach my goal	Number of Minutes	Code: F = Flexibility S = Strength E = Endurance	What I did, for how long, and what type
Sunday	• •			
Monday	• •			
Tuesday	• •			
Wednesday	• •			
Thursday	• •			
Friday	• •			
Saturday	• •			



Who might help me reach my goal?

Review

_____ We approve this plan!



_____ We recommend that you change this plan in the following way:

Reviewer's Name

Reviewee's Name

