



# My Plan to Be Physically Active: Part 1

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
Sunday	<ul style="list-style-type: none"> <li>• Bike ride with family</li> <li>•</li> </ul>	120	S and E
Monday	<ul style="list-style-type: none"> <li>• Gymnastics practice</li> <li>•</li> </ul>	60	F and S
Tuesday	<ul style="list-style-type: none"> <li>•</li> <li>•</li> </ul>		
Wednesday	<ul style="list-style-type: none"> <li>• Physical education at school</li> <li>•</li> </ul>	40	S and E
Thursday	<ul style="list-style-type: none"> <li>• Basketball practice</li> <li>•</li> </ul>	60	S and E
Friday	<ul style="list-style-type: none"> <li>•</li> <li>•</li> </ul>		
Saturday	<ul style="list-style-type: none"> <li>• Soccer game</li> <li>•</li> </ul>	60	S and E