

Making a Physical Activity Plan

REVIEWING YOUR PLAN

1a. Did you decide to increase the number of days you are active?

YES NO

If "YES," go to 1b.

If "NO," go to 2a.

1b. Check your plan: Will you be physically active more days next week than last week?

YES NO

If "YES," you are done!

If "NO," revise your plan so you are active at least one more day next week than last week.

2a. Did you decide to be active for longer periods of time next week than last week?

YES NO

If "YES," go to 2b.

If "NO," go to 3.

2b. Check your plan: Are you planning longer periods of activity than last week?

YES NO

If "YES," you are done!

If "NO," revise your plan to add more minutes per day next week than last week. YES NO

3. Did you add at least one new activity to your exercise program?

YES NO

If "YES," you're done!

If "NO," revise your plan to include at least one new activity. If you are not currently doing something from all three categories of activity, be sure you add something from one of the missing categories.

