



2. Exercise: Action Plan Example

Define your main exercise goal. What specific outcome do you want to achieve through exercise? (Eg. Loose or maintain your weight, build muscle strength, healthy heart, etc.) Life circumstances and priorities may change, so it's ok to adapt your plan when needed. *Below is an example to give you some inspiration.*

EXAMPLE

I will start September 17, Monday

(Start Date: The date when you will start implementing this plan and aim to make it a regular part of your daily life—add it to your calendar!)

I want to build my strength and flexibility

(Main goal: E.g. Improve cardiovascular fitness, build strength, tone muscles increase flexibility and balance)

I will do a weightlifting workout

*(Type of exercise or activity that aligns with your Main Goal:
E.g: Running, weightlifting, yoga, swimming)*

I will do this for 30 minutes 2 days per week

*(Frequency: Decide on the duration of the exercise session.
E.g: 30 minutes, 3 days per week.)*

I will do this at the local gym

(Location: Identify where you will exercise. Will you exercise at home, a gym, outdoors, or a specific fitness facility?)

My support buddy is personal trainer at the gym

(Support system: Who can support and motivate you. It could be a workout buddy, a fitness group, or a personal trainer)

Milestone reward: After 4 weeks without missing a session, I'll treat myself to a massage.

(A meaningful reward to reinforce your habit)

Not ready for a big change yet? Start off with a tiny habit.

(eg. Read instead of watching TV 30 minutes before bed)

My tiny habit: I'll take the stairs instead of the lift.

(Small changes over time will have a big impact)



2. Exercise: Your Action Plan

Why do you want to improve your exercise habit.

I will start _____

(Start Date: The date when you will start implementing this plan and aim to make it a regular part of your daily life—add it to your calendar!)

I want to _____

(Main goal: E.g. Improve cardiovascular fitness, build strength, tone muscles increase flexibility and balance)

I will _____

*(Type of exercise or activity that aligns with your Main Goal:
E.g: Running, weightlifting, yoga, swimming)*

I will do this for _____ **minutes** _____ **days per week**

*(Frequency: Decide on the duration of the exercise session.
E.g: 30 minutes, 3 days per week.)*

I will do this at _____

(Location: Identify where you will exercise. Will you exercise at home, a gym, outdoors, or a specific fitness facility?)

My support buddy is _____

(Support system: Who can support and motivate you. It could be a workout buddy, a fitness group, or a personal trainer)

Milestone reward: _____

(A meaningful reward to reinforce your habit)

Not ready for a big change yet? Start off with a tiny habit.

(eg. Read instead of watching TV 30 minutes before bed)

My tiny habit: _____

(Small changes over time will have a big impact)