

MAKING A PHYSICAL ACTIVITY PLAN

Sometimes becoming more active can be challenging. If you feel this way, you are not alone! One way to make it easier to get started is by making a physical activity plan. This handout will take you through the steps to make your own plan.

Step 1: Think about **WHAT, WHERE, WHEN, HOW**

Read the questions below and write your answers in the spaces provided.

An example answer for each question has been provided.

WHAT type of physical activities do you want to do?

E.g. Go for an after dinner walk	

WHERE would you do these physical activities?

E.g. On the chip trail around the golf course near my house	

WHEN can you be physically active?

E.g. After dinner on Tuesday and Thursday evenings	

HOW can you do the physical activity?

E.g. I will walk over to the chip trail which is 5 minutes away from my house	

*Note: Everyone likes to plan differently! Be creative and use what works for you. Whether that be a smart phone, an online computer calendar, or a day planner, make it work for you.

Step 2: Adding details to your plan

The questions below will help you add more details to your plan.

An example answer for each question has been provided.

1. How much time will you need for your activity?

E.g. I will need 45 minutes to walk around the chip trail	

2. Do you need special clothing or equipment?

E.g. A water bottle and running shoes	

3. What can you do to prepare for poor weather?

E.g. Bring a rain jacket and wear warm clothes	

4. What are some obstacles you may run into when carrying out your physical activity plans?

E.g. Working late, fatigue	

5. What are some ideas to overcome these obstacles?

E.g. Have my exercise stuff ready to go to save time, remind myself how energized I will feel after	

*Note: Set a planning reboot day (e.g. Sundays) where you set the upcoming week's physical activity plan, consider new strategies, and if the past week had setbacks, plan how to overcome obstacles this week