|  |
| --- |
| **Physical Activity Goals: I will be physically active for 60 minutes per day by participating in moderate to vigorous physical activities in each of the categories:** |
| Everyday Activity Goals:  |
| Current Activities: | Possible Activities: | My Plan: |
| Recreational Activity Goals: |
| Current Activities: | Possible Activities: | My Plan: |
| Aerobic Exercise Goals: |
| Current Activities: | Possible Activities: | My Plan: |

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |
| --- |
| Strength and Flexibility Goals: |
| Current Activities: | Possible Activities: | My Plan: |
| Leisure and Playtime Goals: |
| Current Activities: | Possible Activities: | My Plan: |

**2. Evaluation of Community Physical Activity Opportunities**

**Task:** Select two community physical activity resources and/or facilities that are included in the plan and evaluate the potential for this resource to be used in your plan. Evaluate the community resource (parks, trails) or facility (fitness centers, gyms) based on their accessibility, affordability, staffing and/or quality.

|  |  |
| --- | --- |
| **Community PA Resources/Facilities** | **Evaluation** |
|  |  |
|  |  |

**Directions:** Complete the schedule to accumulate 60 minutes of physical activity each day. Use the information from My Plan and Possible Activities section of the previous table.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **What Activities?** |  |  |  |  |  |  |  |
| **Where?** |  |  |  |  |  |  |  |
| **Start Time** |  |  |  |  |  |  |  |
| **End Time** |  |  |  |  |  |  |  |
| **Total Minutes** |  |  |  |  |  |  |  |

**Evaluation of Plan:**

1. What was successful about your plan? What helped you achieve your physical activity goals?
2. What was challenging about meeting your physical activity goals or implementing your plan?
3. What would you change about your plan?