

# PHYSICAL ACTIVITY PLANNER

As discussed in Your Defence System the type of physical activity you do is not as important as how often you just get moving. The best recommendation is physical activity for 30 minutes per day, all 7 days of the week. For the greatest chance of success and to form good habits start with a plan for your next week.

Before we begin the plan, place here (and on each weeks plan) why you want to find your 30 minutes per day. Some ideas to get you going are "I feel like a disciplined and in control person when I ensure I do my 30", "When I achieve this my sleep, mood and clarity are all so much better" or "I value being a great parent and when I find my 30 per day, I feel up to playing with the kids".

My why: .....  
.....  
.....

As you approach the end of the week, plan your next 7 days.

- Where were the pressure points on getting your 30 in?
- What have you got coming up this week that might get in the way?
- What did you enjoy and how can you plan more of that?

**HAVE A PLAN.**

**COMMIT TO THE PLAN.**

**KEEP PLANNING THE WEEK AHEAD FOR AT LEAST 8-12 WEEKS.**



|                                                                                                                                              |        |         |           |          |        |          |        |
|----------------------------------------------------------------------------------------------------------------------------------------------|--------|---------|-----------|----------|--------|----------|--------|
| On each of these days what time will you do your 30?                                                                                         | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| What physical activity are you going to do in this 30?                                                                                       |        |         |           |          |        |          |        |
| What are the threats to this 30 minute window?                                                                                               |        |         |           |          |        |          |        |
| If one of these threats take this 30 minute window away, what time is your fallback 30?                                                      |        |         |           |          |        |          |        |
| Mark off at the end of the day – did you do your 30?<br>If you didn't achieve it, where in the rest of the plan are you going to make it up? |        |         |           |          |        |          |        |





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|                                                                                                                                              |        |         |           |          |        |          |        |
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