

Weekly Schedule

Use the schedule below to enter your current typical weekly schedule. Highlight any physical activities (PA) that have built in physical activity or that you might build in activity. Example include, walking to the bus, chopping wood, yard work, house cleaning, carpentry, walking a distance from parking lot.

It does not have to be the same activity every week.

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am							
7							
8							
9							
10							
11							
12pm							
1							
2							
3							
4							
5							
6							
7							
8							
9							
10pm							

Some keys to success:

- Doing the activity with another person or group
- Making sure the activity is fun and enjoyable or provides some form in personal reward
- Select activities that are internally motivation (challenge, enjoyment, satisfaction, play)

Steps to increasing activity level:

1. Where are there windows of time to participate in an activity?
2. What does the weather support seasonally?
3. What is available in my community? (home, town, rec center, parks, etc)
4. What are the best times to participate in the activity?
5. Based on my inventory what might be possible choices for this time?
6. What are the barriers to participation in the activity? (transportation, access, equipment, attitudes, etc.) Are there strategies or adaptations that can overcome any of the barriers?
7. Set a goal to add 1-2 additional activities into the schedule. They can be as simple as parking farther away and increasing walking to and from work or when shopping, etc., or as large as adding a new weekly activity or organized sport or outdoor pursuit.
8. Set a small and realistic goal.
9. Celebrate success.
10. Change is the activity becomes boring or is not working.
11. Gradually add additional activity or activities to meet daily requirements.