

Exercise Plan

I have decided that I will spend _____ minutes per day exercising.

I would like to do exercises on the following days: (circle days)

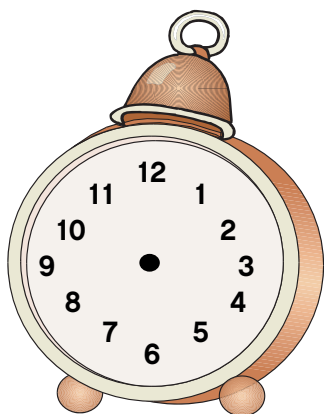
Monday Tuesday Wednesday Thursday
 Friday Saturday Sunday

The exercise(s) I would like to do (or try) are:

_____ Exercises like we have been doing in the gym (lifting weights, biking, using rowing machines)

_____ Exercises like we have been doing in class (yoga, Tae Bo, aerobics, dancing)

_____ Other: _____



I want to do my exercises in the:
(use the clock to draw in the hands for the time)

- _____ Morning
- _____ Afternoon
- _____ Evening

I want to do my exercises at:

_____ Home

_____ Work

_____ Other: _____
