



## ACTIVITY PLANNING

Use this side to **PLAN YOUR PHYSICAL ACTIVITY GOALS**  
Talk to your doctor about whether you are doing enough

### Plan a time, choose an activity.

#### Step 1: Choose a day and time

What are the best days and times for me to be active?

Morning \_\_\_\_\_ am  
Days of week \_\_\_\_\_ Daytime \_\_\_\_\_ am/pm  
Evening \_\_\_\_\_ am

#### Step 2: Find an activity that suits you

What activities do already do? \_\_\_\_\_

What activities would you like to try? \_\_\_\_\_  
\_\_\_\_\_

Can't think of any? Visit the CABOOLTURE mums & little ones website to help you find an activity option in Caboolture.

#### Step 3: Set a goal.

Set a weekly goal: \_\_\_\_\_

Plan your reward: \_\_\_\_\_

#### Step 4: Identify support person

Talk to some one about your goal, they may be able to help by minding the kids or just offering you some encouragement.

Who can help? \_\_\_\_\_

#### Step 5: Track your progress

Use the activity tracker to monitor your progress week to week.

## ACTIVITY MONITORING

Use this side to **TRACK YOUR PROGRESS**

### Have a go. Do it this week!

Using the information you have thought about on the left, **set your self a weekly activity goal and reward.**

My goal is:

\_\_\_\_\_  
\_\_\_\_\_

My reward will be: \_\_\_\_\_

### Track your progress by ticking the days when meet you goal.

WK	ACTIVE DAYS	MET GOAL	COMMENT Note what helped or stopped you from meeting your goal
	S M T W T F S <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Y N <input type="checkbox"/> <input type="checkbox"/>	
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#### Step 6: Review your goals and rewards

Time to start a new **ACTIVITY PLANNING & MONITORING** form based on what worked or didn't work from this plan.

