



My Activity Goals

Use this sheet to set yourself some goals to work towards. Just start off with one or two activities that you feel you can achieve. Remember that you only need to make small changes to feel the benefit of being more physically active!

I will do	
on (day/days of week)	
for	mins

As time goes on we recommend setting yourself new goals, so you'll continue to notice the benefits.

I will do	
on (day/days of week)	
for	mins

Activity Log

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							
Week 6							
Week 7							
Week 8							
Week 9							
Week 10							