

## Physical Activity Plan

WHAT WILL YOU DO?	WHAT'S YOUR GOAL?	WHAT COULD MAKE IT HARD?	WHAT COULD MAKE IT EASY?
Walking  Gardening	<b>How much will you do?</b> Walking - 15 mins walk around the block Gardening – 20 minutes	The weather could stop me. So I can still walk when it's raining I'll buy myself a nice new rain jacket.	When I'm walking I'll use the time to call my daughter and talk to her on the phone.
	<b>When will you do it?</b> Walking – before dinner Gardening – after breakfast	I might have an event on. If I can't walk one weeknight because I have plans I'll walk one day of the weekend instead.	I'll buy ear phones and listen to music or a podcast while or walk or garden.
	<b>How often will you do it?</b> Walking – each weeknight Gardening – Sat & Sun		I'll see if my friend wants to come for a walk with me or help me in the garden.
	<b>When will you start?</b> Next Monday		I'll use a pedometer to count my steps, that way I'll see how much I'm doing.
	<b>When you will review your progress?</b> In 4 weeks		

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THINK ABOUT THE PLAN YOU'VE JUST SET.  
HOW CONFIDENT ARE YOU THAT YOU'LL BE ABLE TO DO IT?

Rate it on the scale.

If you're not confident, you might want to change the goal. Or change the way you intend to do the activity.

I'm not confident at all  
I can do it



I'm uncertain can  
if I can do it or not



I'm very confident I  
can do it

