



Fitness Planner

Go boldly toward well-being by planning your fitness routine.

Starting a fitness planner can help you begin healthy habits that last a lifetime. It can help you find time for exercise, track your weekly achievements and work toward your Daily Habits Plan goal—one day at a time.

Make the most of the Fitness Planner:

Set clear goals – It can help you track your progress and stay motivated.

Add variety – Mix up your routine and do different activities each day.

Be creative – Explore local parks, join a recreational sports league or try any activity you think you'd enjoy.

Allow for recovery – Plan time between workouts to let your body rest and recover.

Reward yourself – Celebrate your success! Treat yourself to a healthy snack, let yourself sleep in late or simply set aside time to relax.

Create your fitness plan*

Write down the type of activity you plan to complete for each day of the week. Then, record how much time you plan to spend on each activity. Keep in mind:

- Try to work up to at least 150 minutes of moderate-intensity aerobic activity per week (walking, gardening or casual biking). Or, try to work up to at least 75 minutes of vigorous aerobic activity per week (running, swimming laps, hiking uphill).
- Add moderate to high-intensity muscle-strengthening activity (such as pushups or weights) on at least two days per week.



Weekly Fitness Planner

	Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
Stretching							
Cardio							
Strength							

Keep your health on track

Once you complete the Enjoy Exercise Plan, keep up the good work and continue using the Fitness Planner! Regular exercise can help you feel better, lose weight, prevent many diseases and even live a longer life.

*Check with your doctor before starting a new exercise routine. If you are older or haven't been very active lately, or if you have any medical conditions or take any medicines, always talk with your doctor to see how much and what type of activity is best for you. Any amount of activity is going to reward you with many health benefits.

If you experience any symptoms during exercise, stop the exercise immediately and seek medical attention.

SOURCES
Mayo Clinic: "Fitness program: 5 steps to get started"
American Heart Association: "American Heart Association Recommendations for Physical Activity in Kids and Adults"
MedlinePlus: "Benefits of Exercise"