



PHYSICAL ACTIVITY AGREEMENT

Commit to making fitness part of your healthy lifestyle

- What will you do this week?
- How much will you do?
- When will you do it?
- How often will you do it?

EXAMPLE: This week I will walk (WHAT) for 15 minutes (HOW MUCH) after dinner (WHEN) on three days (HOW OFTEN).

Do not perform any movements you've been told to avoid by your healthcare provider.

Tracking Chart

WHAT I DID	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL MINUTES
TOTAL NUMBER OF MINUTES I COMPLETED OF MY GOAL ACTIVITIES THIS WEEK:								