

# Making a Plan to Be More Active

Some people can plunge into a new project without planning ahead. Others find that writing a plan is helpful and keeps them on track. Here are a few reasons why an exercise and physical activity plan might be a good idea.

**A plan can help you:**

- Stay motivated to include physical activity as part of your daily life. Get an exercise buddy or buddies to help keep you motivated and maintain your exercise routine.
- Be organized so you can fit exercise and physical activity into your current lifestyle.
- Get ready to be more active. Do you need to get new exercise shoes or clothes? Do you need equipment, like weights or a tennis racket? Will you have expenses (like health club fees) that you need to fit into your budget?

**What to include in your physical activity plan:**

- Your reasons for being physically active.
- Your short- and long-term goals.
- The activities you plan to do.
- When, where, and with whom you will be active.
- Things you need to do to get started and keep going.

**Make it a plan that works.**

- Be realistic based on how physically active you are now.
- Be specific in the details.
- Include a weekly worksheet that details your activities. For a good example, go to [www.nia.nih.gov/Go4Life](http://www.nia.nih.gov/Go4Life).

Review and update your plan regularly. Adjust your plan as needed.

**Quick Tip**  
 Make a contract with a friend or family member to carry out your plan. It can help you stick with it.

**VISIT**  
[www.nia.nih.gov/Go4Life](http://www.nia.nih.gov/Go4Life)

- Read more tips for adding physical activity to your day.
- Print useful tools.
- Order a free exercise guide or DVD.
- Share your exercise story.

**Weekly Exercise and Physical Activity Plan**

Use this form to make your own exercise and physical activity plan—one you think you really can manage. Update your plan as you progress. Aim for moderate-intensity endurance activities on most or all days of the week. Try to do strength exercises for all of your major muscle groups on 2 or more days a week, but don't exercise the same muscle group 2 days in a row. For example, do upper-body strength exercises on Monday, Wednesday, and Friday and lower-body strength exercises on Tuesday, Thursday, and Saturday. Or, you can do strength exercises of all of your muscle groups every other day. Don't forget to include balance and flexibility exercises.

Week of \_\_\_\_\_

ACTIVITY TYPE	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Endurance							
Upper-Body Strength							
Lower-Body Strength							
Balance							
Flexibility							

\*\*\* National Institute on Aging, National Institute of Health, U.S. Department of Health & Human Services

**Track Your Activities**

You can use this form to record your endurance activities. Try to build up to at least 30 minutes of moderate-intensity endurance activity on most or all days of the week. Every day is best.

Week of \_\_\_\_\_

EXERCISE	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
Endurance Activity 1				
How Long Did You Do It?				
Endurance Activity 2				
How Long Did You Do It?				
Endurance Activity 3				
How Long Did You Do It?				

  

EXERCISE	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
Number of Steps				

