



### My Exercise Plan

I will exercise on the following days:

- Sunday                       Monday                       Tuesday                       Wednesday  
 Thursday                       Friday                       Saturday

I will exercise for \_\_\_\_\_ minutes every day.

I will complete the following activities during my exercise routine (circle several):

Swim      Walk      Run      Bike      Jog      Use Stair Machine

\_\_\_\_\_  
(other)

\_\_\_\_\_  
(other)

The potential obstacles to my exercise program are:

\_\_\_\_\_

My response to these obstacles will be:

\_\_\_\_\_

I will reward myself for adhering to this program in the following ways:

Daily Rewards:

\_\_\_\_\_

Weekly Rewards:

\_\_\_\_\_

Monthly Rewards:

\_\_\_\_\_