

Weekly Exercise and Physical Activity Plan

- Use this form to make your own exercise and physical activity plan. 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:	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Endurance							
Upper-Body Strength							
Lower-Body Strength							
Balance							
Flexibility							

Adapted from: Exercise & Physical Activity: Your Everyday Guide from the National Institute on Aging.
 Available at <http://www.nia.nih.gov/HealthInformation/Publications/ExerciseGuide/default.htm> Accessed May 6, 2009.