

# 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.