

WORKSHEET 3: MY FITNESS PLAN

DAY, DATE, TIME	ACTIVITY AND LOCATION
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Congratulations! You thought about what motivates you. You've selected different fun fitness activities and you've planned your exercise goals. By completing these 3 worksheets, you've taken a big step towards becoming healthier and fit. Be proud of yourself and keep up the good work!