



Physical Activity Worksheet!

Fill this in for your own goals!

My goals are...



Clear my mind, reduce stress, and be more efficient

Connect with nature, myself, and other people

Lower blood sugar and blood pressure

I am going to...



Walk before work for 30 minutes Monday, Tuesday, and Thursday

Play tennis at the park for 45 minutes on Saturday and Sunday



I may encounter these challenges...

Bad weather for walking or playing tennis.

Not feeling motivated to start walking before work.



I can plan to overcome barriers by...

Finding some exercise videos to do indoors if necessary

Meeting a friend to walk before work or walking at lunch with a work colleague
