



My Physical Activity Planner

Name: _____

Week commencing: _____

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Physical Activity	Physical Activity	Physical Activity	Physical Activity	Physical Activity	Physical Activity	Physical Activity
Duration	Duration	Duration	Duration	Duration	Duration	Duration
When	When	When	When	When	When	When
Notes	Notes	Notes	Notes	Notes	Notes	Notes



For information on how to incorporate more physical activity into your day visit the Healthy Weight Guide - www.healthyweight.health.gov.au