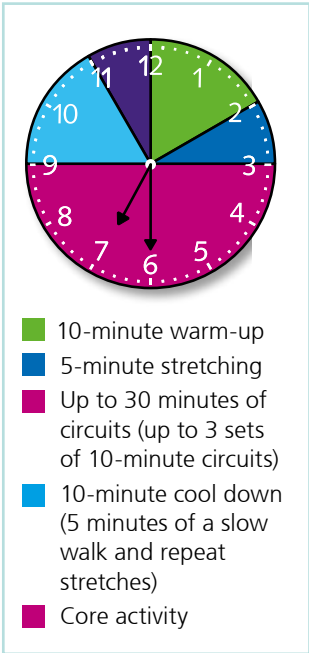




Weekly personal activity plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Beginner (100mins)							
Intermediate (150mins)							
Advanced (200mins)							
Date:							



10 exercises from activity builder

Anything for me to be aware of during workout as discussed with health professional?

Which level of bronze/silver/gold should I attempt?

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

Did I achieve my goal

Y N (please tick)

How did I find my activity this week?

Difficult (1) Easy (10)

What worked well and why?

What did not work well and why?