

Challenge Yourself to Move

*Did you know that physical activity benefits **both** your body and your brain?*

Why I will become active:

What motivates me? _____

What are my goals? _____

How I will build my weekly routine:

Include in my plan the activities I enjoy.

	SUN	MON	TUES	WED	THURS	FRI	SAT
AM							
PM							

My activity pal(s): _____

How I will keep my routine when:

The weather is bad.



- Exercise indoors
- Go for a swim
- Do strength training

I'm not feeling well.



- Reschedule for another day

My activity pal cancels.



- Have a list of people to call
- Plan group activities

I missed my planned activity.



- Go now if it is safe
- Reschedule right away
- Restart your routine tomorrow



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