

Detailed Planning Activity

Use the following prompts to create a detailed plan of how you are going to be physically active. Be as specific as possible in developing your plan.

WHAT activities are you going to engage in?

Pro tip: Choose activities that you enjoy so you are more likely to stick to it. Anything counts as long as you move more and sit less throughout the day.

WHEN are you planning to be physically active? (Specify time and day of the week)

Pro tip: Schedule this like a doctor's appointment or meeting and block off a specific time in your schedule for physical activity. Make physical activity a priority and plan it into your day.

WHERE are you going to be physically active?

Pro tip: You can be physically active within your neighbourhood, your own home, at the gym, at the park, or any location you find convenient to perform your activities.

WHO are you planning to be physically active with?

Pro tip: Share your goals and report your progress to a support buddy to keep you accountable. Being accountable to someone besides just yourself can help you stick to your physical activity goals.

What are some **OBSTACLES** that might get in your way & how could you overcome them?

Pro tip: Make a list of all possible barriers or challenges that you might potentially face when being physically active. When you anticipate your own barriers, you can plan ahead and ensure that it fits in your daily routine, rather than waiting to see if physical activity fits in. Be proactive with your barriers!

Examples of common barriers: lack of time, family obligations, fatigue, little/no access to equipment