



# My Physical Activity Planner

**Children ages 5-11** need at least 60 minutes of moderate to vigorous physical activity each day, in bouts of 10 minutes or more.

**Planning helps you keep at it!**

**Step 1:** Set a physical activity goal for each week.

**Step 2:** Make a plan to reach your goal.

**Step 3:** Track your activity by checking off “I did it” each day you complete your plan.

Sample		My Goal: <i>I will be active for 60 minutes a day</i>			
Date	When	Where	What	How long (in minutes)	I did it!
<i>Monday</i>	<i>lunch</i>	<i>schoolyard</i>	<i>run, skip, jump with friends</i>	<i>30</i>	<input checked="" type="checkbox"/>
	<i>after dinner</i>	<i>park</i>	<i>play with family &amp; friends</i>	<i>30</i>	<input checked="" type="checkbox"/>

Week 1		My Goal: _____			
Date	When	Where	What	How long (in minutes)	I did it!
					<input type="checkbox"/>
					<input type="checkbox"/>
					<input type="checkbox"/>
					<input type="checkbox"/>
					<input type="checkbox"/>
					<input type="checkbox"/>
					<input type="checkbox"/>

Total physical activity time:

Try the online version at [durham.ca/physicalactivity](http://durham.ca/physicalactivity)



**Week 2**

**My Goal:**

Date	When	Where	What	How long (in minutes)	I did it!
					<input type="checkbox"/>
					<input type="checkbox"/>
					<input type="checkbox"/>
					<input type="checkbox"/>
					<input type="checkbox"/>
					<input type="checkbox"/>
					<input type="checkbox"/>
					<input type="checkbox"/>

Total physical activity time:



HEALTH DEPARTMENT

**Durham Health Connection Line**  
1-800-841-2729 or 905-666-6241  
[durham.ca/physicalactivity](http://durham.ca/physicalactivity)

Information available in accessible formats.

