



**Youth ages 12-17** 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.



# My Physical Activity Planner

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>at school</i>	<i>walk with friends</i>	<i>15 min each way</i>	<input checked="" type="checkbox"/>
	<i>after school</i>	<i>on the way home</i>	<i>bike (with helmet)</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:**

<b>Date</b>	<b>When</b>	<b>Where</b>	<b>What</b>	<b>How long (in minutes)</b>	<b>I did it!</b>
					<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.

