**Fitting Physical Activity into the Day**

You have a lot to do. You wake up in the morning, eat breakfast, go to class, go to lunch, and then to more classes. After the training day, you might have meetings or groups you attend, family to take care of, or you just want to relax. You pay attention to the world around you and you know that physical activity is good for you—but where is the time?

This worksheet will help you find activities you enjoy (or at least don’t hate) and will help you figure out how to fit them into your day.

Rate each activity: L = Like it O = It’s o.k. H = Hate it

\_\_\_ Walking

\_\_\_ Jogging or running

\_\_\_ Biking

\_\_\_ Dancing

\_\_\_ Lifting weights

\_\_\_ Swimming

\_\_\_ Basketball

\_\_\_ Playing with kids

\_\_\_ Hiking

\_\_\_ Aerobics

\_\_\_ Volleyball

\_\_\_ Using gym equipment like the elliptical

\_\_\_ Playing a sport not listed

\_\_\_ Other:

In the chart below, see if you can add your activities up to at least 150 minutes over the next week. Remember, you don’t have to do it at one time. You can exercise for 10 minutes at lunch and another 20 minutes after the training day. You don’t have to exercise every day. It’s good for you body to take at least 1 day off each week.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Activity #1 |  |  |  |  |  |  |  |
| Activity #2 |  |  |  |  |  |  |  |
| Total minutes for the day |  |  |  |  |  |  |  |

Total minutes for the week:

How confident do you feel that you will be able to fit 150 minutes of activity into your life during the next week?

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Very confident | Somewhat confident | Neutral | Not very confident | Not confident at all |