**ACTION PLAN *– EXAMPLE***

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Mon | Tue | Wed | Thurs | Fri | Sat | Sun |
| Activity | Resistance band workout | off | Curling with friends | off | Yoga class | off | Go for a wheel |
| Where | Home |  | Curling rink |  | Gym |  | Trail |
| When | After work at 4:00pm |  | 6:00pm |  | 3:00 pm |  | 11:00am |
| Duration | 25 min |  | 1 hr |  | 30 min |  | 15 min |
| Intensity | moderate |  | moderate |  | moderate |  | Moderate |

**ACTION PLAN *– TEMPLATE***

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Mon | Tue | Wed | Thurs | Fri | Sat | Sun |
| Activity |  |  |  |  |  |  |  |
| Where |  |  |  |  |  |  |  |
| When |  |  |  |  |  |  |  |
| Duration |  |  |  |  |  |  |  |
| Intensity |  |  |  |  |  |  |  |