My Plan to Push a Little Harder

The end of the program is approaching, so now is the time to push a little harder, set new goals, and renew your commitment. Doing so will help you to stick with all the healthy changes you have made so far.

1. How often do you i weekly schedule? (Circle	include at least 150 minutes of physical activity in your one.)
0 times a month	1 to 2 times a month
3 times a month	4 or more times a month
2. Do you plan to increas	se or maintain your current activity level? (Circle one.)
Increase	Maintain
3. If you are planning to increase:	increase your activity level, circle the things you plan to
Frequency	New types of activities
Intensity	Amount of time (duration)
4. Now list the specific s Remember to be specific.	strategies you could use to increase your activity.
	(continued

From Human Kinetics, *Active living every day facilitator training*, 3rd ed. (Champaign, IL: Human Kinetics, 2021). Reprinted from S.N. Blair, A.L. Dunn, B.H. Marcus, R.A. Carpenter, and P. Jaret, *Active living every day*, 3rd ed. (Champaign, IL: Human Kinetics, 2021).

HO #10-2 (continued)

5. Pick the specific strategies you will try this week, and put them into the following weekly plan:

Day	Activity and strategy	
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		