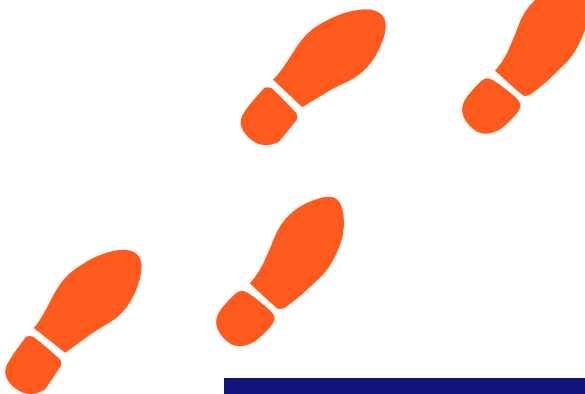


YOUR ACTIVITY PLANNER

Here is your 10-week activity planner. Use this space to record your journey and keep track of how you've been feeling. This can help you to stay motivated to move a little bit more each day.



	Movements I'd like to try this week For example: "I'm going for a walk in the park."	What might get in the way? For example: "I might lack motivation."	How will I overcome what might get in the way? For example: "I'm going to ask someone I know to join me."	Movements I carried out For example: "I walked for 30 minutes in the morning."	How did I feel afterwards? For example: "I'm proud I managed to go for a walk."
Week 1					
Week 2					
Week 3					
Week 4					
Week 5					
Week 6					
Week 7					
Week 8					
Week 9					
Week 10					