

Get Healthy activity planner

Activity planner* : Week ____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Physical activity and time taken							
Physical activity and time taken							
Physical activity and time taken							
Physical activity and time taken							
Physical activity and time taken							

What can I change for next week?

* Adapted from Australian Better Health Initiative, "Time to take some healthy measures" booklet. 2008, Canberra: Commonwealth of Australia.