

# HEALTH\*MATTERS EXERCISE PLANNER

**To use:** 1) Write in your plan for a minimum of one week at a time; 2) Post it where you will see it daily. Check it to remind yourself of what you are doing that day & to plan what you will need for the next day (e.g. to bring your walking shoes to work). Remember to allow time to stretch before & after exercise, and to include strength training at least twice per week. For “Intensity Level” - on a scale of 1 to 10, 1 is the little to no exertion, and 10 is the most effort you are exerting. *\*Note: You may want to make copies of this schedule before you begin\**

<b>MONTH:</b>	<b>Week 1 / Date:</b>	<b>Week 2 / Date:</b>	<b>Week 3 / Date:</b>	<b>Week 4 / Date:</b>
<b>Monday</b> Exercise Duration Intensity Level (1-10)				
<b>Tuesday</b> Exercise Duration Intensity Level (1-10)				
<b>Wednesday</b> Exercise Duration Intensity Level (1-10)				
<b>Thursday</b> Exercise Duration Intensity Level (1-10)				
<b>Friday</b> Exercise Duration Intensity Level (1-10)				
<b>Saturday</b> Exercise Duration Intensity Level (1-10)				
<b>Sunday</b> Exercise Duration Intensity Level (1-10)				