

# My Activity planner

Long-term goal: .....



## Week 1:

- Start small and build up gradually.
- Choose activities that you enjoy.

How I felt afterwards: .....

## Week 2:

- Being active improves mood and helps you relax.
- The best activity is the one you'll actually do!

How I felt afterwards: .....

## Week 3:

- Schedule in some rest time after your activity.
- Missed your goals? Start again next week.

How I felt afterwards: .....

## Week 4:

- Reward yourself for achieving your goals and set new ones!

How I felt afterwards: .....