

ACTIVITY JOURNAL

Take some time each week to record your journey and keep track of your successes for the next 10 weeks. This will help to keep you 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 did 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". |
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| Week 1 | | | | | | |
| Week 2 | | | | | | |
| Week 3 | | | | | | |
| Week 4 | | | | | | |
| Week 5 | | | | | | |
| Week 6 | | | | | | |
| Week 7 | | | | | | |
| Week 8 | | | | | | |
| Week 9 | | | | | | |
| Week 10 | | | | | | |