

FITTING PHYSICAL ACTIVITY INTO YOUR LIFE

Fill in obligations that cannot be avoided, such as work, appointments, meetings, family, or classes.
Next, schedule in exercise and treat it as another obligation!

Time	Monday Activity	Tuesday Activity	Wednesday Activity	Thursday Activity	Friday Activity	Saturday Activity	Sunday Activity
6 AM							
7 AM							
8 AM							
9 AM							
10 AM							
11 AM							
12 PM							
1 PM							
2 PM							
3 PM							
4 PM							
5 PM							
6 PM							
7 PM							
8 PM							
9 PM							
10 PM							

