

Name _____

Week _____

Physical Checklist	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sweat							
Walk							
Eat good things							
Active Hourly							
Take Five							

Aim to practice the habits 5-7 seven times each week. Put a check in the box each time you complete one of the habits.

Sweat. Use this space to detail WHY you want to sweat more (improve health, sleep better, keep up with kids, less fatigue). WHERE you will do your sweating—online class, treadmill, running with friends, etc), WHAT you will do, and WHEN you will take time to break a sweat.

WHY _____

WHERE _____

WHAT _____

WHEN _____

Walk. Use this space to detail WHY you want to walk more, WHAT you will do to increase your daily step counts, WHERE you will walk, and WHEN you will walk more.

WHY _____

WHAT _____

WHERE _____

WHEN _____

Eat Good Things. Use this space to detail WHY you want to eat good things (nourish your body, better health, etc.), WHERE you will eat good things, WHAT good things you would like to eat regularly, and WHEN you will eat them.

WHY _____

WHERE _____

WHAT _____

WHEN _____

Name _____

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Active Hourly. Use this space to detail WHY you want to be active hourly, WHAT you will do to stay active, and WHEN you'll fit activity into your normal day.

WHY _____

WHAT _____

WHEN _____

Take Five. Use this space to detail WHY you want to stretch regularly (prevent injury, relax, etc.), WHERE you will stretch, WHAT stretches you would like to do regularly, and WHEN you will stretch.

WHY _____

WHERE _____

WHAT _____

WHEN _____