My Activity Calendar **month:**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **sunday** | **monday** | **tuesday** | **wednesday** | **thursday** | **friday** | **saturday** |
| **Friends & Family** | **Focus on Fitness** | **Build Strength** | **Focus on Fitness** | **Change it Up!** | **Focus on Fitness** | **Keep Moving** |

**Friends & Family**

**Friends & Family**

**Friends & Family**

**Focus on Fitness**

**Focus on Fitness**

**Focus on Fitness**

**Build Strength**

**Build Strength**

**Build Strength**

**Focus on Fitness**

**Focus on Fitness**

**Focus on Fitness**

**Change it Up!**

**Change it Up!**

**Change it Up!**

**Focus on Fitness**

**Focus on Fitness**

**Focus on Fitness**

**Keep Moving**

**Keep Moving**

**Keep Moving**

 **Friends & Family:** Make physical activity fun and rewarding by making at least one activity a week social.

 **Focus on Fitness:** Use these days to focus on an activity you identified in your SMART Goal Sheet.

 **Build Strength:**

A few strengthening exercises a week will help you stay strong and independent.

 **Focus on Fitness:** Use these days to focus on an activity you identified in your SMART Goal Sheet.

 **Change it Up!:** Try a new activity at least once a week, such as yoga, Zumba or swimming.

 **Focus on Fitness:** Use these days to focus on an activity you identified in your SMART Goal Sheet.

 **Keep Moving:** Spend extra time cleaning your home, gardening or shopping or washing your car.

My Activity Log **week:**

|  |  |  |
| --- | --- | --- |
| **date** | **activity** | **workout comments:** |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |

My SMART Goal Sheet

**TodAY’S dATe:**

**TARGeT dATe:**

**START dATe:**

**dATe AChIeVed:**

**goal:**

**Verify that your goal is smart:**

**Specific**: What exactly will you accomplish?

**Measurable:** How will you know when you have reached this goal?

**Achievable:** Is achieving this goal realistic with effort and commitment? Have you the resources to achieve this goal? If not, how will you get them?

**Relevant:** Why is this goal significant in your life?

**Timely:** When will this goal be achieved?

