

1. My physical activity at this time



A Physical activity during a normal week

	MON	TUE	WED	THU	FRI	SAT	SUN
FLEXIBILITY, BALANCE TRAINING, MUSCLE STRENGTHENING ACTIVITIES							
VIGOROUS PHYSICAL ACTIVITY							
MODERATE PHYSICAL ACTIVITY							

OR

C Compare your physical activity with the recommendation. How well did you meet the recommendation?

Not at all Partly Mostly Completely or exceeded

_____ times

total _____ h _____ min

B Light physical activity, breaks in sedentary behaviour, and sleep on a normal day

LIGHT PHYSICAL ACTIVITY
BREAKS IN SEDENTARY BEHAVIOUR
RESTORATIVE SLEEP

Not at all Partly Mostly Completely or exceeded

2. This is how I intend to be physically active



D I will take the following into account when planning

E Recommendation **F** My plan

COMBINE IN VARIOUS WAYS	Flexibility, balance, muscle strengthening activities 2 times/week	MON	TUE	WED	THU	FRI	SAT	SUN
	Vigorous physical activity 1 h 15 min/week	MON	TUE	WED	THU	FRI	SAT	SUN
	Moderate physical activity 2 h 30 min/week	MON	TUE	WED	THU	FRI	SAT	SUN
	Light physical activity as often as possible							
	Breaks in sedentary behaviour whenever possible							
	Restorative sleep sufficiently							

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