Weekly Physical Activity Planner

Week starting: _____

Weekly targets (WHO, adults 18 to 64): 150 to 300 minutes moderate OR 75 to 150 minutes vigorous activity, plus strength training on 2 or more days.

Daily log

Monday Activity: _____ Minutes: ____ Intensity: moderate / vigorous Strength: [ ]

Tuesday Activity: _____ Minutes: ____ Intensity: moderate / vigorous Strength: [ ]

Wednesday Activity: _____ Minutes: ____ Intensity: moderate / vigorous Strength: [ ]

Thursday Activity: _____ Minutes: ____ Intensity: moderate / vigorous Strength: [ ]

Friday Activity: _____ Minutes: ____ Intensity: moderate / vigorous Strength: [ ]

Saturday Activity: _____ Minutes: ____ Intensity: moderate / vigorous Strength: [ ]

Sunday Activity: _____ Minutes: ____ Intensity: moderate / vigorous Strength: [ ]

Weekly totals

Moderate minutes: _____ Vigorous minutes: _____ (vigorous counts roughly double)

Strength sessions: _____

Movement breaks

- ☐ Stood up and moved at least every hour on workdays
- ☐ Took a walk at lunch on most days

Reflection

How did I feel this week? _____

What made activity easier? _____

Plan for next week: _____

If you have a health condition, check with a health professional before increasing intensity. General information only, not medical advice.

Guide: www.flexyblogs.com/blog/how-much-exercise-do-adults-need