

# My Weekly Activity Planner



Staying active can benefit your health in lots of ways. For example, it can help you become physically stronger, reduce your stress levels, enable you to sleep longer, and boost your overall mood.

Use the chart below to develop a plan that fits with your lifestyle and interests, so you can make being more active into part of your everyday routine.

Days of the week	Activity	Time (minutes)

Remember: always talk to your doctor before starting any new activity.