











Weekly physical activity planner

Name: _____ Date: _____

Physical activity refers to any bodily movement that requires energy and is produced using skeletal muscles. Physical activity can include everyday activities, such as walking to work and taking out the garbage, or more specific forms of physical activity, such as aerobic exercise, balance training, or muscle-strengthening activities.

Being physically active is one of the best things you can do to maintain and improve your health. In fact, being physically active improves feelings of well-being, reduces your risk of chronic diseases, promotes healthy growth and development, and supports better sleep. Use this worksheet to help you track your participation in physical activity.

Week of: _____

Monday		Tuesday	
Activity type/exercise:	Duration/ reps:	Activity type/exercise:	Duration/ reps:
1. _____	_____	1. _____	_____
2. _____	_____	2. _____	_____
3. _____	_____	3. _____	_____
4. _____	_____	4. _____	_____
Intensity:		Intensity:	
 very light  light  moderate  vigorous  very vigorous		 very light  light  moderate  vigorous  very vigorous	
Notes:		Notes:	

Wednesday

Activity type/exercise:

Duration/ reps:

1. _____

2. _____

3. _____

4. _____

Intensity:



very
light



light



moderate



vigorous



very
vigorous

Notes:

Thursday

Activity type/exercise:

Duration/ reps:

1. _____

2. _____

3. _____

4. _____

Intensity:



very
light



light



moderate



vigorous



very
vigorous

Notes:

Friday

Activity type/exercise:

Duration/ reps:

1. _____

2. _____

3. _____

4. _____

Intensity:



very
light



light



moderate



vigorous



very
vigorous

Notes:

Saturday

Activity type/exercise:

Duration/ reps:

1. _____

2. _____

3. _____

4. _____

Intensity:



very
light



light



moderate








vigorous



very
vigorous

Notes:

Sunday		Reflection
Activity type/exercise:	Duration/ reps:	What did I enjoy? What was less enjoyable? What would I like to try next week?
1. _____	_____	
2. _____	_____	
3. _____	_____	
4. _____	_____	
Intensity:		
 very light  light  moderate  vigorous  very vigorous		
Notes:		

References

1. Physical activity. (2020). World Health Organization. <https://www.who.int/news-room/fact-sheets/detail/physical-activity>
2. U.S. Department of Health and Human Services. (2018). Physical activity guidelines for Americans. https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf



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This handout was developed and medically reviewed by Fullscript's Integrative Medical Advisory team.

*These statements have not been evaluated by the Food and Drug Administration. This information is not intended to diagnose, treat, cure, or prevent any disease.

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