

## Example Weekly Goals

Week ____		
Sunday	Monday	Tuesday
<p>Choose 6 exercises and do a 3-round circuit.</p> <p>Set the timer for 30 seconds of activity and 30 seconds of rest.</p>	<p>Walk outdoors for 30 minutes</p>	<p>Choose 6 exercises and do a 3-round circuit.</p> <p>Set the timer for 30 seconds of activity and 30 seconds of rest.</p>

Wednesday	Thursday	Friday	Saturday
<p>Walk outdoors for 30 minutes</p>	<p>Choose 6 exercises and do a 3-round circuit.</p> <p>Set the timer for 30 seconds of activity and 30 seconds of rest.</p>	<p>Walk outdoors for 30 minutes</p>	<p>Rest</p>