

## My Plan

### **Instructions:**

Explore all the physical activity options and then determine how many repetitions of each activity you want to complete (your goal). You can complete up to ten repetitions. Place that number in the “First Set Goal” box of your “My Plan” chart or record in a method of your choice.

Next, try the activities. While tracking your fitness levels for each of the activities, record how many repetitions you completed for your set (attempt) at each exercise. Record these results in the “First Set Achieved” box of the chart.

Do the same for all three attempts of each activity. You can choose any of the options offered in each activity, depending on your level of comfort. You can also alter the activity to meet your personal needs.

## My Plan

Exercise	First set	Second set	Third set
Activity 1: _____	First goal:	Second goal:	Third goal:
	Achieved:	Achieved:	Achieved:
Activity 2: _____	First goal:	Second goal:	Third goal:
	Achieved:	Achieved:	Achieved:
Activity 3: _____	First goal:	Second goal:	Third goal:
	Achieved:	Achieved:	Achieved:
Activity 4: _____	First goal:	Second goal:	Third goal:
	Achieved:	Achieved:	Achieved:
Activity 5: _____	First goal:	Second goal:	Third goal:
	Achieved:	Achieved:	Achieved:
Activity 6: _____	First goal:	Second goal:	Third goal:
	Achieved:	Achieved:	Achieved: