

#DGDOINGMORE

My activity plan

Use the space below to compile the individual activity plans that you made while working through this booklet.

1 Activities that I plan to build upon as part of my daily life include...

2 The benefits I want to get out of being more active include...

3 Activities that get me to 5-6 on my effort scale include...

Activities that get me to 7-8 on my effort scale include...

4 My short-term challenge is...

My long-term challenge is...

5 In order to get active I need to...

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