



<u>Day of the Week</u>	<u>Physical Activity</u>	<u>Total Time</u>
Monday	Treadmill (30 min.) Walk to the store Climb the stairs	60 Minutes
Tuesday	Lunchtime walk with co-workers Play ball with children	60 Minutes
Wednesday	Bicycle (30 min.) Lift weight (30 min.)	60 Minutes
Thursday	Jump Rope (30 min.) Attend Fitness class	60 Minutes
Friday	Treadmill (30 min.) Go dancing	60 Minutes
Saturday	Attend Fitness Class (ex: Pilates, Yoga, etc.)	60 Minutes
Sunday	Walk with friend	60 Minutes