

# Making a Plan to Be More Active

**Some people can plunge into a new project without planning ahead.**

Others find that writing a plan is helpful and keeps them on track. Here are a few reasons why an exercise and physical activity plan might be a good idea.

**A plan can help you:**

- Stay motivated to include physical activity as part of your daily life. Get an exercise buddy or buddies to help keep you motivated and maintain your exercise routine.
- Be organized so you can fit exercise and physical activity into your current lifestyle.
- Get ready to be more active. Do you need to get new exercise shoes or clothes? Do you need equipment, like weights or a tennis racket? Will you have expenses (like health club fees) that you need to fit into your budget?

**What to include in your physical activity plan:**

- Your reasons for being physically active.
- Your short- and long-term goals.
- The activities you plan to do.
- When, where, and with whom you will be active.
- Things you need to do to get started and keep going.

**Make it a plan that works.**

- Be realistic based on how physically active you are now.
- Be specific in the details.
- Include a weekly worksheet that details your activities. For a good example, go to [www.nia.nih.gov/Go4Life](http://www.nia.nih.gov/Go4Life).

Review and update your plan regularly. Adjust your plan as needed.

**Quick Tip**

Make a contract with a friend or family member to carry out your plan. It can help you stick with it.

**VISIT**  
[www.nia.nih.gov/Go4Life](http://www.nia.nih.gov/Go4Life)

- Read more tips for adding physical activity to your day.
- Print useful tools.
- Order a free exercise guide or DVD.
- Share your exercise story.

The image shows two overlapping worksheets. The top one is titled "Weekly Exercise and Physical Activity Plan" and includes instructions on how to use the plan. The bottom one is titled "Track Your Activities" and is a grid for recording exercise. It has columns for "EXERCISE", "SUNDAY", "MONDAY", "TUESDAY", and "WEDNESDAY". The first section lists "Endurance Activity 1", "Endurance Activity 2", and "Endurance Activity 3", each with a row for "How Long Did You Do It?". The second section is for "Number of Steps".