

**Application****18****DEVELOPING YOUR PERSONAL PLAN  
STEP II: CONSIDER A VARIETY OF ACTIVITIES**

Place a check next to the activities you will include in your plan and write your reason for choosing each selection. Fill in additional activities not on the list. Use the key below when filling in your reasons for selecting each activity.

1 = It's a personal goal.

2 = My fitness profile shows that I need to include it.

3 = I am currently doing this activity and enjoy it.

4 = Other: \_\_\_\_\_

**Activities list*****Lifestyle physical activities / Reason for choosing***

- Walking
- Yard work
- Climbing stairs
- Dancing
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***Aerobic activities / Reason for choosing***

- Bicycling
- Hiking
- Jogging
- Rope jumping
- Swimming
- Cooper's aerobics
- Aerobic dance
- Circuit training
- Parcourse
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***Active sports / Reason for choosing***

- Backpacking
- Badminton
- Baseball
- Basketball
- Bowling
- Canoeing
- Football

***Active sports / Reason for choosing***

- Golf
- Gymnastics
- Handball/Racquetball
- Horseback riding
- Judo
- Karate
- Mountain climbing
- Rowing
- Sailing
- Skating
- Skiing
- Soccer
- Softball
- Table tennis
- Tennis
- Volleyball
- Waterskiing
- Wrestling
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***Flexibility activities / Reason for choosing***

- Stretching
- Calisthenics
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***Strength & muscular endurance / Reason for choosing***

- Weight training
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