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Personal Project

LOGGING AND PLANNING ACTIVE AEROBICS AND ACTIVE RECREATION *(continued)*

Part 2—Planning Active Aerobics and Active Recreation

Make a plan for the following week incorporating changes that might help you reach your goals. Use the chart to indicate which activities you will perform over the next week. For each day, write the total minutes per day you will spend in each activity next to the activities you select.

Write the number of minutes you plan to spend in each activity each day.	Day 1 /	Day 2 /	Day 3 /	Day 4 /	Day 5 /	Day 6 /	Day 7 /
Aerobic dance							
Aerobic exercise machines							
Bicycling							
Circuit training							
Dance							
Rope jumping							
Martial arts							
Water aerobics							
Swimming							
Backpacking/hiking/rock climbing							
Boating/kayaking/rowing							
Skating							
Skateboarding							
Skiing							
Other:							
Other:							
Daily totals							

Did you plan for at least 30 minutes of activity each day? _____

Identify some strategies you can use that will help you achieve your plan.
