CREATE YOUR OWN BEGINNER EXERCISE PLAN

A simple plan for building an exercise routine that works for you

1. WHY DO I WANT TO EXERCISE?

My main reason is:

_____

_____

Right now I am: ☐ Mostly inactive ☐ A little active ☐ Fairly active ☐ Active regularly

2. WHAT COULD I ACTUALLY ENJOY?

☐ Walking ☐ Swimming ☐ Cycling ☐ Chair exercise ☐ Strength

☐ Home workouts ☐ Running / C25K ☐ Dancing ☐ Gym ☐ Other

Realistically, I can exercise: ☐ 1 day ☐ 2 days ☐ 3 days ☐ 4 days ☐ 5+ days per week

3. MY PLAN THIS WEEK

DAY	WHAT I'M PLANNING	HOW LONG?	DONE
Monday			☐
Tuesday			☐
Wednesday			☐
Thursday			☐
Friday			☐
Saturday			☐
Sunday			☐

4. QUICK END-OF-WEEK CHECK-IN

What went well? _____

Was anything unrealistic or difficult? _____

What will I change next week? _____

When I'm ready, I could: ☐ go a little longer ☐ go a little further ☐ add resistance ☐ try something new ☐ keep it the same

Your plan doesn't need to look impressive. It needs to work for you.

Missing a workout doesn't mean you've failed. Start where you are, keep it realistic, and change the plan as your fitness and circumstances change.