

# Exercise Planning Form

Bring this sheet with you when you visit your doctor, and use it to plan your exercise program. A personal trainer or fitness expert can help you set your exercise goals.

Physical activities I enjoy:	
Physical activities I would like to try:	
In the beginning, my exercise program will be:	
Aerobic exercises I will do (how often and how long):	
Strength and balance exercises I will do (how often and how long):	
Flexibility exercises I will do (how often):	

<b>Short-term goals</b>	
In the next few weeks I will:	
As you reach your short-term goals, add new ones:	
<b>Long-term goals</b>	
In the next 6 months I will:	