

**Physical Activity Worksheet**

This worksheet may help you design an exercise program to achieve your health goals. You may also consider meeting with a personal trainer, exercise physiologist or physical therapist to develop a program that meets your specific health needs and goals.

**Aerobic Activity**

Frequency \_\_\_\_\_ Intensity \_\_\_\_\_

Type \_\_\_\_\_ Time \_\_\_\_\_

**Strength Training**

Frequency \_\_\_\_\_ Intensity \_\_\_\_\_

Type \_\_\_\_\_ Time \_\_\_\_\_

**Flexibility Training**

Frequency \_\_\_\_\_

**Mind–Body Movement and Exercise**

Frequency \_\_\_\_\_ Type \_\_\_\_\_