Worked example - a sample week of activity. Write in your own plan.

Weekly workout plan

Name: Jamie Week commencing: Monday 16 November

My goal for this week Move at least four days and enjoy it

	Activity	Exercises	Time or sets and reps	Notes
Monday	Brisk walk	Walk to work and back	20 min each way	Felt good
Tuesday	Bodyweight circuit	Squats, press-ups, plank, lunges	3 rounds of 10	Rest 1 min between
Wednesday	Rest day	Gentle stretching	10 min	
Thursday	Swim	Easy lengths	30 min	Lane 2
Friday	Bodyweight circuit	Squats, step-ups, plank, bridges	3 rounds of 12	Add a round if easy
Saturday	Park jog or walk	Local park route	40 min	Take a friend
Sunday	Rest day			

How did the week go?
Managed five active days. Plan to swim twice next week.

Worked example – a sample week of activity. Write in your own plan.

How to use this template

A weekly plan helps you decide in advance when you will be active. Choose activities you enjoy and can fit around your week.

1. **Set a goal for the week.** Keep it about habits, such as 'move four days', rather than a number on the scales.
2. **Choose your days.** Fill in the activity, exercises and how long or how many sets and reps.
3. **Add rest days.** Write them in so they are part of the plan.
4. **Review at the end of the week.** Note what went well and adjust the next plan.

This template is for organising your own activity and is not medical or fitness advice. If you are unsure whether an activity is suitable for you, speak to your GP or see the NHS Live Well pages.