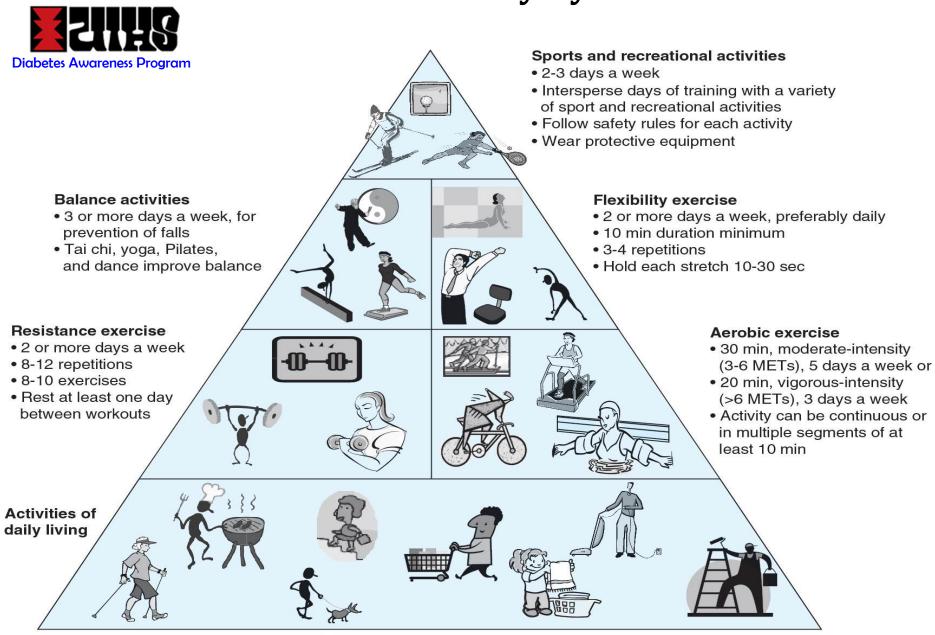
Exercise Weekly-Planner

Use this table to find time in your schedule you can fit in exercise. Fill in your typical week and take a look at blocks of time where exercise is an option.

	5- 6am	6- 7am	7- 8am	8- 9am	9- 10am	10- 11am	11- 12pm	12- 1pm	1- 2pm	2- 3pm	3- 4pm	4- 5pm	5- 6pm	6- 7pm	7- 8pm	8- 9pm	9- 10pm	10- 11pm	11- 12pm
Sunday	Odin	70111	Outil	Jain	Todin	TIGHT	IZPIII	тріп	Σριπ	Эріп	тріп	Эрт	оріп	7 μπ	Оріп	Эрііі	тории	ттріп	терін
Monday																			
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Friday																			
Saturday																			

150 min of moderate physical activity (Aerobic) each week (Ex: 30 min 5 times per week) or **75 min of vigorous physical activity** (Aerobic) each week (Ex: 25 min 3 times per week)

Exercise and Activity Pyramid



- Daily physical activity is the base for physical fitness
 - Try to be active for at least 30 min every day