

Name:

Goals:				Remember, something is better than nothing!			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aerobic							
Aim for 30-60 min/day <i>Eg. Walk, cycle, stairs, swim, golf, dance</i>							
Strength							
Aim for 2 days/week Progress reps (6-12), sets (1-3), then wt (kg) <i>Eg. weights, theraband, gardening</i>							
Flexibility & Balance							
Aim to stretch daily and hold for 30 seconds <i>Eg. tai chi, bowls, balancing</i>							
Self Care 😊							
Ensure you are doing enjoyable activities and taking time for yourself <i>Eg. Reading, cuppa with friend, relaxation.</i>							

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