



Activity:

Points:

Notes:

Take the stairs instead of the elevator or escalator

Take your lunch for a walk on your lunch hour

Extra point if you find some stairs

Park your car in the furthest stall or end of the parking lot

Get off public transit a few stops early and walk the rest of the way

Play a outdoors game with your family or friends

Carry your groceries instead of using a cart

Extra points for: multiple trips, if you walk to the grocery store

Clean your house

Extra points for purging and reorganizing a room

Take your dog for a walk

Extra point for twice a day

Trade your drive to work for a bike or walking commute

Take 30-60 second breaks at your desk and do one of the following exercises:

Squats
Lunges
Push-ups
One leg stand
Any stretching

Extra point for doing more than one exercise per break



Activity:

Points:

Notes:

Do that yardwork

Extra point for dhoovelling or raking your neighbours' yard

Walk around while you're taking a phone call

Use the washroom on a different floor at work

Extra point if you take the stairs to get there

Plan social activities that include a physical activity (i.e. bowling or dancing)

Find a local charity run/walk and sign up to raise money for a cause close to your heart

Total Points:

Progress Notes: