The weekly movement planner

Plan the week against the standard activity targets: some cardio, two strength days, and breaks from sitting. Fill in the minutes and see where you land.

THIS WEEK

Day	Moderate min	Vigorous min	Strength
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

MY TOTALS

Moderate minutes _____

Vigorous minutes, doubled _____

Total (goal 150 to 300) _____

RULES OF THUMB

The goal is 150 to 300 moderate minutes, or 75 to 150 vigorous; a vigorous minute counts as two. Talk test: you can talk but not sing is moderate. Do strength 2 days a week, not the same muscles two days running.

QUESTIONS TO ASK

- [ ] Is it safe for me to start or increase exercise?
- [ ] How do my blood sugar and cholesterol respond to exercise?
- [ ] How should I build up if I have a condition?
- [ ] What are the signs I should stop?

Sources: Activity targets from a physical-inactivity handout (mainstream guideline levels). Our own planner. With a health condition, ask a clinician first.

Educational only. Not medical advice, and not a diagnosis. Take this to your own clinician. vitalsvault.com