



Annual Activity Plan

My name _____ Age _____ Start Date _____

This plan covers the period of time from _____ to _____.

My physical activity goals for this year are _____

To accomplish these goals I will _____

To record my daily activities I will _____

Monthly Planning		Monthly Summary	
Month	Sub-goal	Sub-goal achieved?	Comments
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			

Annual Summary **Date:** _____

I accomplished my overall goals for ___ out of 12 months. To be more successful, I could

Comments: _____

Activity #1
Active Living for a Lifetime
ACTIVE LIVING FOR A LIFETIME





Annual Activity Plan-Example

My name B. Active Age 16 Start Date July 5, this year

This plan covers the period of time from July 1, this year to June 30, next year.

My physical activity goals for this year are 1. to improve my aerobic endurance
2. to meet new friends while playing team sports

To accomplish these goals I will 1. participate in aerobic activities for at least 30
minutes, 3 times per week. 2. try one new team sport each season of the year.

To record my daily activities I will use a calendar

Monthly Planning			Monthly Summary	
Month	Sub-goal		Sub-goal achieved?	Comments
1. July	join recreational soccer		yes	lots of fun!
2. August	aerobic activities 3x week		yes	soccer
3. September	" " "		yes	soccer
4. October	join volleyball league		yes	good group of people
5. November	aerobic activities 3x week		no	not enough time
6. December	" " "		yes	did some swimming
7. January	join broomball league		yes	great new year's resolution
8. February	aerobic activities 3x week		yes	" " "
9. March	" " "		no	lacked motivation
10. April	play recreational softball		no	couldn't find a team
11. May	aerobic activities 3x week		yes	cycling was great
12. June	" " "		yes	jogging & cycling

Annual Summary **Date:** July 5, next year

I accomplished my overall goals for 9 out of 12 months. To be more successful, I could think of a different team sport to play in the spring - maybe touch football?

Comments: had a good time being active this year

Activity #1
Active Living for a Lifetime

