// A BETTER ME

HEALTH AND WELLBEING CHECKLIST

Date

43 — Physical Activity Habit

Building a consistent physical activity habit improves overall health and boosts energy levels. Use this checklist to make exercise a regular part of your lifestyle.

Set a Clear Activity Goal

- ○ Define what you want to achieve, such as improving strength, endurance, or flexibility.
- ○ Example: "Exercise for 30 minutes, 5 days a week."

Choose Activities You Enjoy

- ○ Pick exercises you find fun, such as dancing, hiking, or swimming.
- ○ Tip: Try different activities to keep things interesting.

Schedule Your Workouts

- ○ Add exercise sessions to your calendar to prioritise them.
- ○ Example: Block time every morning for a 20-minute workout.

Start Small and Build Gradually

- ○ Begin with short, manageable sessions and increase intensity over time.
- ○ Example: Start with 10-minute walks and add 5 minutes each week.

Track Your Progress

- ○ Use a fitness tracker, app, or journal to log your activity.
- ○ Tip: Celebrate when you reach milestones like completing a week of workouts.

Create Accountability

- ○ Share your goals with a friend or join a fitness group for support.
- ○ Example: Partner with a friend for regular gym sessions.

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Mix Up Your Routine

○ Alternate between cardio, strength training, and flexibility exercises to stay motivated.
○ Tip: Incorporate yoga, weightlifting, or cycling into your weekly plan.

Reward Yourself for Consistency

○ Celebrate milestones with non-food rewards like new workout gear or a spa day.
○ Example: Treat yourself after completing a month of consistent exercise.

Incorporate Movement Into Your Day

○ Find ways to be active outside of workouts, like taking the stairs or walking to errands.
○ Tip: Set a reminder to stand and stretch every hour.

Reflect on Your Progress Weekly

○ Review what worked well and what needs improvement.
○ Example: Adjust your schedule if certain times didn't work for exercising.

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