Give yourself the gift of better health, increased energy, better sleep, and more confidence by committing to at least 21 days of planned activity. The Physical Activity Guidelines for Americans recommend the following minimums each week:

150 minutes of moderate intensity aerobic activity  OR  75 minutes of vigorous intensity aerobic physical activity  OR  An equivalent combination of moderate & vigorous aerobic activity  OR  Muscle strengthening activities 2 or more days a week

**PLAN YOUR ACTIVITY BELOW:**

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
</table>

What I expect to get out of my Y membership:

________________________________________________________

My long-term goal (1 year from now) is as follows:

________________________________________________________

My three short-term goals to help me reach my long-term goal are as follows:

1 Week Goal: ________________________________________

1 Month Goal: ________________________________________

6 Month Goal: ________________________________________