

## **Planning Your Activity: Accumulate 30 Minutes**

I, \_\_\_\_\_, will accumulate 30 minutes of activity every day in the following ways:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

Witness \_\_\_\_\_ Date \_\_\_\_\_

From M. Thow, K. Graham, and C. Lee, 2013, *The healthy heart book* (Champaign, IL: Human Kinetics).