

Planning Your Regular Exercise

I, _____, will do this structured exercise:

1. _____

starting on _____ with _____.

2. _____

starting on _____ with _____.

3. _____

starting on _____ with _____.

4. _____

starting on _____ with _____.

Witness _____ Date _____

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