

## Physical Activity Checklist: Gym workout

If you are looking for a simple gym plan to follow, consider the suggestions in the table below. You can note down how many minutes you spend on each activity over the course of a week and see how all kinds of different movements can help us stay active!

You don't need any specialist equipment for these examples, for some you can even use items you'll likely find around your workplace. If you have another activity that you would like to add, there is a blank row that you can fill in.

Activity	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Mobility / stretching								
Goblet squats								
Kettle bell swings								
Lat pulldown								
Leg press machine								
Bent over row								
Full / kneeling press ups								
Seated shoulder press								
Barbell push press								
Weighted lunges								
<b>Weekly totals</b>								

