

Welcome to your week nine activity sheet!

To maintain our commitment to moving more and improving our health, it can be beneficial to think about the reasons why we are looking to make change, as it can spur us on to continue to achieve our health goals.

1. Can you note down three things that motivate you to move more and achieve the benefits of regular physical activity?

One way of staying motivated with our changes is seeing the progress we are making. It can be difficult to rely on weight loss numbers alone for this, so using other metrics like step counting can be a great way to see our progression.

2. Can you identify a method of tracking your physical activity that you would like to use? You can note down what method you would like to try and how you can track your progress.



When trying to form new habits with physical activity, it's important to ensure that your chosen activities are accessible for you, don't disrupt your usual routine and of course are enjoyable!

3. Can you write down ways that you can make your physical activity more enjoyable and accessible to you?

To ensure your new movement becomes a part of your routine in the long-term, it's important to factor it into your weekly plan. Consider how your activities can fit into your usual schedule of commitments, such as work and childcare.

4. Can you note down times throughout your week that you might be able to fit more activity in? Perhaps taking a walk during your lunch break, or some stretches in the morning?

