

Physical Activity Planner

Mon

Tue

Wed

Thurs

Fri

Sat

Sun

5 Components of Fitness

1. Cardiovascular
2. Muscular Strength
3. Muscular Endurance
4. Flexibility
5. Motor Skills

6 Ways To Be Active



Weekly Recommendations

150 min of moderate activity
or 75 min of vigorous activity
+
strength & balance activities
on two days per week.