

WORKOUT PLANNER



PHYSICAL ACTIVITY GUIDELINES

Australian adults should aim to do 2 ½ to 5 hours of moderate intensity physical activity or 1 ¼ to 2 ½ hours of vigorous intensity physical activity (or a mix of both) each week. You should also aim to do muscle strengthening exercises at least twice.

WEEK STARTING _____

WEEKLY GOALS _____

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY