

My Action Plan for Exercise

If you are pregnant, talk to your doctor before starting an exercise program, in case you have a health condition that limits your activity. Ask about what activities are right for you.

I plan to spend less time on sedentary activities that require little or no energy:

Activity (example: watching TV)	Time spent now? (per week or day)	How often will I do it? (per week or day)

I plan to spend more time on these active activities:

Activity (example: walking)	Time spent now? (per week or day)	How often will I do it? (per week or day)

I plan to add the following active activities:

New activity (example: dancing)	How often will I do it? (per week or day)

Exercise Tips

- ✓ Get your girlfriend, boyfriend, friends, or family involved! Everyone will be healthier. You can help each other stay on track. You will have more fun!
- ✓ Get a calendar (or make one) and mark off each day that you met your goal. Free calendars are available for download at www.printablecalendar.ca.