







My Activity Plan: Worksheet B

Fill out this worksheet with your Bone Fit™ professional.

Month: _____

| | What exercises will I do? For example: wall pushups, Shavasana, standing on one leg, dancing. | How many minutes will I exercise for? | How hard will I exercise? For example: number of reps and sets, or easy, moderate, hard. | What materials will I need? For example: weights, chair. |
|---|--|---------------------------------------|---|---|
| Strength  | | | | |
| Posture  | | | | |
| Balance  | | | | |
| Aerobic  | | | | |