



Get into the GO ZONE!

Get fitter, healthier and happier in just 6 weeks.

Any kind of physical activity which causes a slight raise in heart rate, breathing rate and temperature is what you should be looking to achieve, as well as it being fun and enjoyable. You can start off with one or two times per week, then build up to three to four days per week, then five times or more!

The more you do the happier and healthier you become!

	week 1	week 2	week 3	week 4	week 5	week 6
300	300	300	300	300	300	300
270	270	270	270	270	270	270
240	240	240	240	240	240	240
210	210	210	210	210	210	210
180	180	180	180	180	180	180
150	150	150	150	150	150	150
120	120	120	120	120	120	120
90	90	90	90	90	90	90
60	60	60	60	60	60	60
30	30	30	30	30	30	30
	write the date in here	write the date in here	write the date in here	write the date in here	write the date in here	write the date in here

How to use the Activity Diary

It's simple... start at week one. Every time you do 30 mins of physical activity write what you have done in a box for that week. The more you do, the more boxes you will fill. Your aim is to climb into the healthy green area of the chart - and stay there!

Keep track of what you have done each week and how well you are doing. When you get into the 'Go Zone' try to do the same again the following week and maintain this level of fitness. As you progress you will start enjoy the benefits of having a more active lifestyle!

Go on Give it a Go!

GO ZONE

Keep going!

AMBER ZONE

Just a little more!

RED ZONE

Get out of here!