



6 Steps to Keep the Weight Off

Choose your own adventure: follow the prompts and set the goals you need

5. Focus on physical activity

START HERE

Do you exercise?
(regular walking counts)

No

Yes

Do you exercise moderately or vigorously ≥ 40 min/day on average?

No

Yes

Keep rolling, you're **really active** already!

Get **introspective**. Think about the exercise you do. Is it something you could do more often? For longer? Or do you need to add a new activity to your repertoire?

Set an activity goal!	Set an activity goal!
<p>What are your favorite types of physical activity? Name at least five things you enjoy (can include alternative options like dancing at the club, playing badminton, feel free to think outside this box.)</p> <hr/>	
<p>How many days per week can you fit in structured physical activity? _____</p>	
<p>How many minutes per week do you want to be physically active most weeks (Hint: to maintain weight loss it should be 150-300 min/wk)</p>	
<p>_____ min/wk \div # days you can do structured activity = _____ min/day (long-term goal)</p>	
<p>What are you confident you can start doing to increase your physical activity next week to start working towards your goal?</p> <hr/>	
<p>What steps will you have to take to achieve these goals? (i.e. get rollerblades, sign up for swing dancing classes, buy a yoga DVD). Include everything you need to do to achieve your goal.</p> <hr/>	