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| **Everyday Physical Activity Goal:**  I will increase my everyday physical activity by….. |
| **Recreational Activity Goal:**  I will increase my recreational activity by ….. |
| **Aerobic Activity Goal:**  I will increase my Aerobic Activity by…. |
| **Strength and Flexibility Goal:**  I will increase my strength and flexibility by …. |
| **Leisure and Playtime Goal:**  I will increase my leisure and playtime by….. |

Listed below are examples activities that increase your physical activity.

**Recreational Activities:**  **Leisure and Playtime Activities:**

Volleyball Swimming

Basketball Canoeing

Soccer Miniature Golf

Skiing Fishing

Kickball

**Aerobic Activities:** **Strength and Flexibility Activities:**

Walking Dancing

Swimming Rope Climbing

Jogging Martial Arts

Roller Blading Push-ups / Curl-ups

Biking

Skateboarding

**Everyday Activities:**

Play Outside Take the Stairs Help around the house or yard

Bathe your pet Pick up your room Walk to the store

Go for a Walk