



## MAKE YOUR OWN *ACTION PLAN*

Setting your *Action Plan* can be done as a weekly calendar. When you are setting the weekly plan you should include: what activity you are going to do, where are you going to do it, when will you be doing it, for how long, and at what intensity. This activity, just like physical activity can be fun. And be sure to choose activities you like!

Below you will find examples of Action Plans for three different stages of your activity (i.e., getting started [Action Plan 1], meeting the physical activity guidelines for adults with SCI [Action Plan 2], and ramping up the intensity of your activity [Action Plan 3]).

Keep in mind that these are only examples. Be as creative as you like with your *Action Plan*. You can substitute the activity on the chart with one you enjoy more. In other words, instead of wheeling, try another aerobic activity such as basketball. Instead of resistance band exercises, lift weights or soup cans, or practice chair yoga. The point is to incorporate physical activity into your daily routine for fitness and fun.

**So lets get started...**

***Action Plan 1: Just starting your new physical activity routine.***

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Activity	<a href="#">basketball</a>	Rest Day	<a href="#">resistance band</a>	Rest Day	<a href="#">wheel</a>	Rest Day	Rest Day
Where	community centre		home		track		
When	7 pm		8 am		6 pm		
How long	10 min.		10 min.		10-15 min.		
<a href="#">Intensity</a>	moderate		moderate		moderate		

- Each week, you should look to increase how often you are physically active (frequency) and how hard you are doing each activity (intensity)
- You may want to look at adding new and exciting activities.
- In time, you will find that this routine is just too easy for you. It is at this time that you will need to make some (good) changes...

***Action Plan 2: You are now, and have been, physically active for some time.***

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Activity	<a href="#">tennis</a>	Rest Day	resistance band	Rest Day	<a href="#">swim</a>	Rest Day	<a href="#">resistance band &amp; weights</a>
Where	park		<a href="#">MacWheelers Exercise Program</a>		community pool		<a href="#">home</a>
When	7:30 pm		5 pm		7 pm		8 am
How long	20 min.		20 min.		20 min.		30 min.
<a href="#">Intensity</a>	moderate		moderate		moderate		moderate to vigorous

- Once you are enjoying regular physical activity, gradually (over several weeks or even months) you may want to start increasing the intensity levels of your activity.
- A careful, and methodical, increase in intensity will reward you with added fitness benefits.
- Once you feel that you are ready for a bigger challenge, it is time to increase the intensity...

**Action Plan 3: *You are physically active on a regular basis but feel you are ready to increase the intensity of your regular routine.***

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Activity	Rest Day	<a href="#">sitting volleyball</a>	<a href="#">chair yoga</a>	Rest Day	weights & cable pulleys	Rest Day	<a href="#">sledge hockey</a>
Where		community gym	home		<a href="#">Kingston Revved Up</a>		community centre
When		8 pm	8 am		7 pm		11 am
How long		20 min.	30 min.		30 min.		20 min.
<a href="#">Intensity</a>		10 min. moderate + 10 min. vigorous	moderate		20 min. moderate + 10 min vigorous		10 min. moderate + 10 min. vigorous