






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 