

Finding Time for Fitness

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am							
8am							
9am							
10am							
11am							
12pm							
1pm							
2pm							
3pm							
4pm							
5pm							
6pm							
7pm							
8pm							
9pm							
10pm							

Be specific with your inflexible time e.g. taking kids to activities

Is there time when you are waiting that could be used to do something more beneficial to your health?

Lunch breaks - do you leave your desk? HSV lunchtime classes are just 45 minutes long.

Family time- could this be spent being active together?



Inflexible time - cant' be moved



flexible activities - can be moved but are regular



Time already committed to being active



Flexible or free time