

# EXERCISE PLANNER



**Albion in the  
Community**

Regular exercise helps you keep match fit and healthy. We should all aim to do some exercise every day. Use this planner to plan what exercise you are going to do this week and give yourself a big tick when you've completed each day. Be creative; you could challenge yourself to do 50 star jumps one day, or to go for a half an hour walk another.

Just remember to warm up properly before you start any exercise and to follow the current rules on social distancing.

Day	Goal	Completed?
Monday		Yes / No
Tuesday		Yes / No
Wednesday		Yes / No
Thursday		Yes / No
Friday		Yes / No
Saturday		Yes / No
Sunday		Yes / No