Make a realistic weekly movement plan

Choose activities that fit available time and ability instead of an impossible schedule.

Three steps

1. Choose activities appropriate to your circumstances
2. Schedule realistic time
3. Include a flexible alternative

A worked example

Day	Monday
Available time	20 min
Activity	Walk
Alternative	Short indoor movement
Completed	No

A short alternative helps if weather or time changes.

This is a scheduling aid, not a medical or training prescription.

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Use one row per item or decision. Start with what you know.

Day	Available time	Activity	Alternative	Completed

My next action / when