

Action Plan

Personal commitment to being active with my family

Date: _____

I, _____, (your name) commit to being active with my family _____ (number) days a week for at least _____ (number) minutes each of those days.

I am committing to this because:

Indoor activities I can do with my family:

Outdoor activities I can do with my family:

I can be a healthy role model for my children by...
