

# Get...in motion! Activity Log

*In motion* is encouraging all Abbotsford residents to incorporate 30 minutes of daily physical activity into their life. Some ideas for ways that you can accomplish this are:

- start a walking club in your neighbourhood
- walk, cycle, rollerblade more
- get a buddy together and set some goals
- take a fitness class at Abbotsford Recreation Centre or Matsqui Recreation Centre
- walk the dog (either yours or a friend's)

Some physical activity every day will mean a healthier and longer life for you -- you'll have more energy, feel stronger and be more relaxed.

**For more ideas on places and activities to be "in motion," check out**

**[www.abbotsfordinmotion.ca](http://www.abbotsfordinmotion.ca)  
or call 604-615-DO IT (3648)**



	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday		
	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10
Week 1																					
Week 2																					
Week 3																					
Week 4																					
Week 5																					
Week 6																					
Week 7																					
Week 8																					

**For each 10 minutes of activity you do per day, check a box. Don't stop at 8 weeks! Print off another log and keep going!**