



Get Moving

Success begins with a plan. We've provided a few ideas to get you started. Complete this template to create your action plan to Get Moving. Then follow the steps you've defined to achieve your goal.

Name:

Date:

My goal is to:

I will complete
my goal by: (date)

I will know I've achieved my goal when:

I am working on this goal with: (add names)

GET MOVING TIP:

You don't need special equipment to exercise at home. Simple cleaning tasks like mopping and dusting burn calories and develop muscles.

Specific steps I will take
to reach my goal:

Resources I can use:

I will complete
this step by: (date)

1. Learn how much activity you need each day	<u>Diet and Exercise Tips for Busy People</u>	
2. Download a workout app	<u>Workout from Home Apps</u>	
3.		
4.		
5.		

Need additional resources? Visit [WellBeingAtAECOM.com](https://www.wellbeingataecom.com).

Do something today that your future self will thank you for – Sean Patrick Flanery