

# Ultimate-Straighten Up

## Personal Activity Calendar

Name: \_\_\_\_\_

Personal Point Goal: \_\_\_\_\_

In the Ultimate-Straighten Up program we strongly encourage you to live actively. This ten- week calendar will help you to set activity goals and monitor your exercise and activity levels. Make sure you are active at least ten minutes consecutively to achieve activity points. 10 minutes of activity equals 1 point. The World Health Organization recommends increasing activity levels to at least 30 minutes of consecutive light-moderate activity (like walking) preferably daily. Start gradually. Healthy individuals should not have difficulty in attaining this level. If you have disorders which limit your activity check with your health care practitioner before beginning the activity program. Regular activity increases vitality, enhances your health and reduces risk for spinal disorders, heart disease, diabetes and some forms of cancer (e.g., breast, uterine, colon).

**M** = Minutes of moderate to vigorous physical activity completed

**P** = Points – 10 minutes of moderate to vigorous physical activity equals 1 point

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total Points
<b>M</b>	Ex 30							Wk 1
<b>P</b>	3							
<b>M</b>								Wk 2
<b>P</b>								
<b>M</b>								Wk 3
<b>P</b>								
<b>M</b>								Wk 4
<b>P</b>								
<b>M</b>								Wk 5
<b>P</b>								
<b>M</b>								Wk 6
<b>P</b>								
<b>M</b>								Wk 7
<b>P</b>								
<b>M</b>								Wk 8
<b>P</b>								
<b>M</b>								Wk 9
<b>P</b>								
<b>M</b>								Wk 10
<b>P</b>								

- Recommendations:
1. Get your spinal function and alignment checked regularly.
  2. Enjoy 2-3 minutes of "Straighten Up" everyday.
  3. Keep active participating in healthful recreational pursuits.
  4. Eat healthy. Make good choices. Drink plenty of pure water.
  5. Have fun being healthy and take time to count your blessings.

