

# SILVERSPORT

## Plan Your Activity

Make a plan and give yourself a tick every time you stick to it.

**Top tip:** Put your planner somewhere visible like the fridge, so you are reminded to stick with your plan.



Department of Sport and Recreation  
Department of Local Government and Communities



DAY	ACTIVITY	TIME	LOCATION	COMPLETED
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
<b>My reward:</b>				