

Park Therapy

Worksheet

How much activity do I need?

Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.



Muscle-strengthening activity

Do activities that make your muscles work harder than usual.



Tight on time this week? Start with just 5 minutes. It all adds up!

Outdoor Physical Activity Preferences:

1. What types of outdoor activities do I like to do (e.g., walking, basketball)? _____
2. How often can I spend time outdoors doing these activities (e.g., 2x per week)? _____
3. How long can I do these activities (e.g. 30 minutes)? _____
4. Identify 1-2 parks where you could do these activities (see back of worksheet). _____

What is one specific outdoor physical activity goal you believe you could accomplish in the next week? Be sure to include details such as when, where, and with whom you'll do the activity.

What barriers might get in the way of accomplishing this goal? For each barrier, identify 2 potential solutions.

Barrier	Potential solutions
1.	
2.	

