



Make sure you set aside time and space

Time flies and the days disappear like sand between our fingers. You actually intended to work out this week, but it just didn't happen because...

Planning your day and creating time for exercise or activity increases the chances of you getting it done. This supports you in your decisions on what to spend your day on.

- Create an activity plan for the week or day. Decide on what days, what activity, how long you want to spend and when.
- List it with tick boxes. Then track your plans in the tick boxes, tick or cross them off.



Oxford Task Manager

>> **CLICK!**
to learn more!



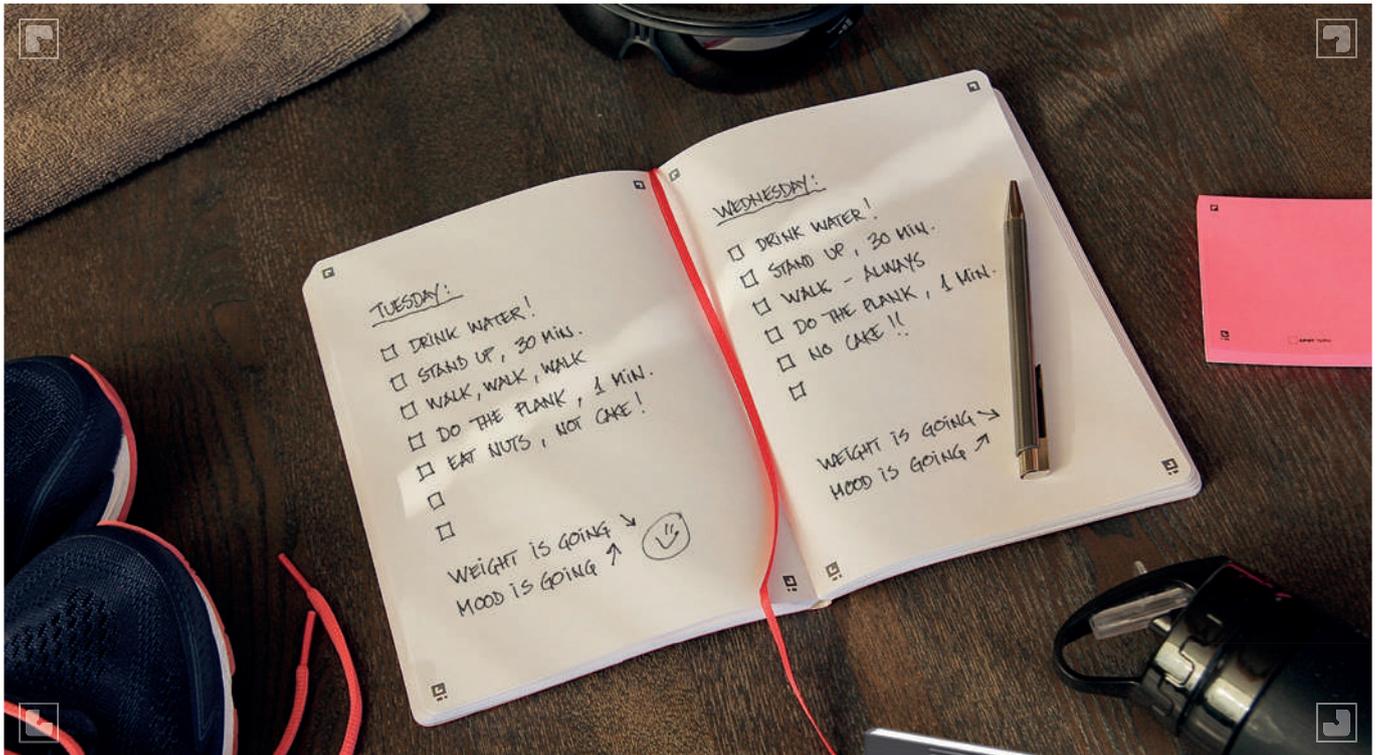
TIP!

Share your plans with family and friends. Perhaps someone will join your plans and make them both active and social.

WE RECOMMEND!

Task Manager is a simple, pre-printed system, so the only thing you have to do is fill in your plans. With SCRIBZEE®, you can easily and quickly share your plans.

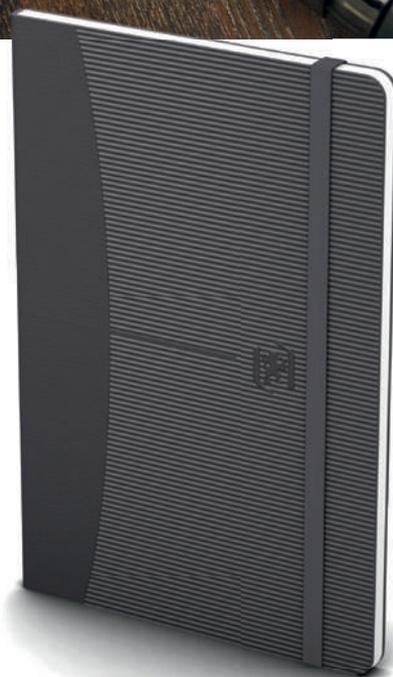




Find the motivation

Writing things down is the same as deciding to go through with something. It doesn't have to be schedules or detailed plans. A few keywords can be enough to activate and motivate you.

- Think about the things that are realistic for your daily life and write them down. E.g. "Stand up by the computer for 30 minutes," "Walk at lunchtime," "Plank 1 min.," "Walk to shop for groceries," "Drink water", "Eat nuts instead of cake," etc.
- Write down your goals. Do you want to lose weight, have more energy, spend more time on active things? For the first few weeks, in the evening write notes on how your day has been. You don't have to write much, it can be symbols, perhaps smileys or stars. Be aware of what you are doing and the effect it has on you.



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TIP!

Share your plans/notes. You'll probably get a positive response from colleagues, friends, etc. If you are a group, you can motivate each other.

WE RECOMMEND!

Signature is a series of personal notebooks with elastic closure and a pocket for storing loose documents. With SCRIBZEE®, you can easily share your plans.

