

Create your Start **Playing Stay Playing** pledge

These questions will help guide you through the creation of your Start Playing Stay Playing Pledge. Read through the questions below and use the check boxes to select the answers most relevant to you. Use your answers to create your pledge to help you get inspired, get moving and get active*. You can also download our activity planner from www.jointhemovement.com to help keep track of your weekly goals.

a. What is stopping you?

What is stopping you to be active now?

- | | |
|--|---|
| <input type="checkbox"/> I do not have enough time | <input type="checkbox"/> I am injured or sick |
| <input type="checkbox"/> I am unable to afford being physically active | <input type="checkbox"/> I am self conscious about exercising |
| <input type="checkbox"/> I lack the motivation to be active | <input type="checkbox"/> _____ |

b. What is motivating you to be active?

What is driving you to be physically active?

- | | | | |
|--|---|--|--|
| <input type="checkbox"/> To have more energy | <input type="checkbox"/> To improve my health | <input type="checkbox"/> To improve my self-esteem | <input type="checkbox"/> To be with my friends |
| <input type="checkbox"/> To release stress | <input type="checkbox"/> To help manage my weight | <input type="checkbox"/> To improve my fitness | <input type="checkbox"/> _____ |

c. What activities get you moving?

What activities have you done in the past that you really enjoyed or what activities would you like to do?

- | | | | |
|---|--|--|--------------------------------|
| <input type="checkbox"/> Ride my bike | <input type="checkbox"/> Run | <input type="checkbox"/> Tennis | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Start playing a team sport | <input type="checkbox"/> Yoga or Pilates | <input type="checkbox"/> Canoe / Kayak | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Take a dance class | <input type="checkbox"/> Bush walk | <input type="checkbox"/> Walk the dog | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Go to the gym | <input type="checkbox"/> Swim | <input type="checkbox"/> Surf | <input type="checkbox"/> _____ |

d. How much time should I spend being active?

Doing something is better than doing nothing. If you are already active then adding some vigorous intensity exercise can also keep you motivated.

- | | |
|---|---|
| <input type="checkbox"/> I am just beginning so I just need 10 mins of low to moderate activity a day to start. | <input type="checkbox"/> I am already active but want to challenge myself to do up to 5 hours a week (50 mins a day for 6 days a week) of regular low to moderate activity. |
| <input type="checkbox"/> I am sort of active but need to do at least 2 hours a week (20mins a day) of regular low to moderate activity. | <input type="checkbox"/> I love being active and regularly do lots of low intensity activity but want to include some vigorous exercise (up to 75 mins a week) for variety. |

* You should always speak to your doctor before you change, start, or stop any part of your lifestyle plan, including physical activity or exercise.



Because

#IMAKEITWORKFORME



Because

#LABELSAREFORCLOTHING



Because

#ICAN



Because

#YOUNG EYES ARE WATCHING



Because

#ITSNEVERTOO LATE



Because

#MYFRIENDSAREMYFUEL

My Start Playing Stay Playing pledge

I feel _____

(a)

but i want to _____

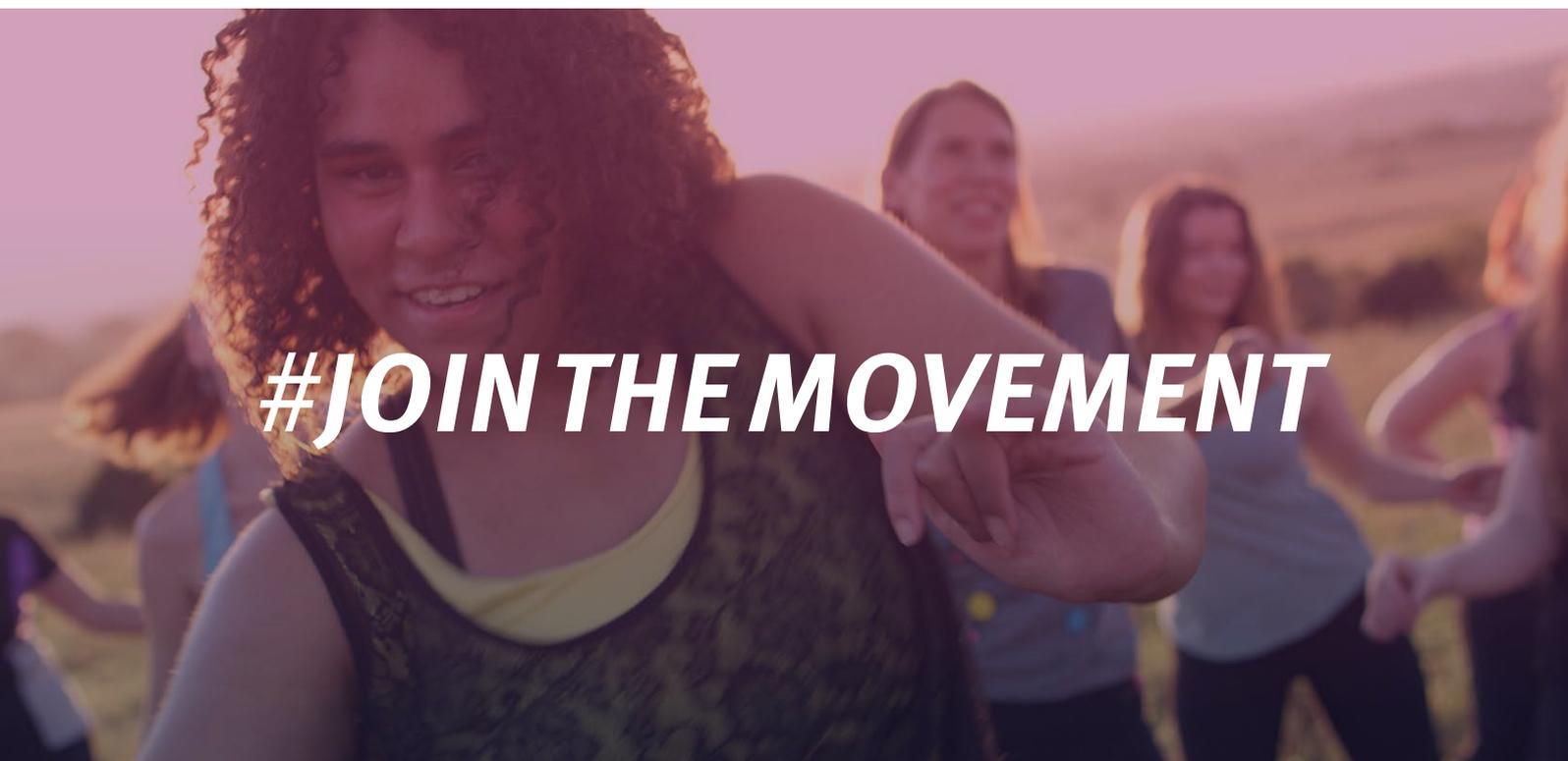
(b)

I choose _____ for my physical activity.

(c)

My personal fitness goal is to be active _____ **minutes a day** for at least 5 days a week.

(d)



#JOINTHEMOVEMENT