

## 30 DAY ACTIVITY PLAN

### SET YOUR OWN CHALLENGE AND TARGETS

Physical activity is a crucial component to weight loss and weight maintenance for the role it plays in increasing your energy expenditure (kilojoules burnt) and helping boost your metabolism. Start by using this 30 Day Activity Plan to achieve a monthly goal.

DAY	ACTIVITY TYPE	ACTIVITY TYPE
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*Don't forget to gradually increase your targets each week!*