

YOUR 7-DAY ACTIVITY PLAN



Write and plan your activities in the spaces below:

DAY
1

DAY
2



FITNESS SWIM
577 CALORIES

DAY
3



GYM VISIT
310 CALORIES

DAY
4

DAY
5

DAY
6

DAY
7



TENNIS MATCH
245 CALORIES

30
mins
activity

5
days a
week

Need more activity ideas?

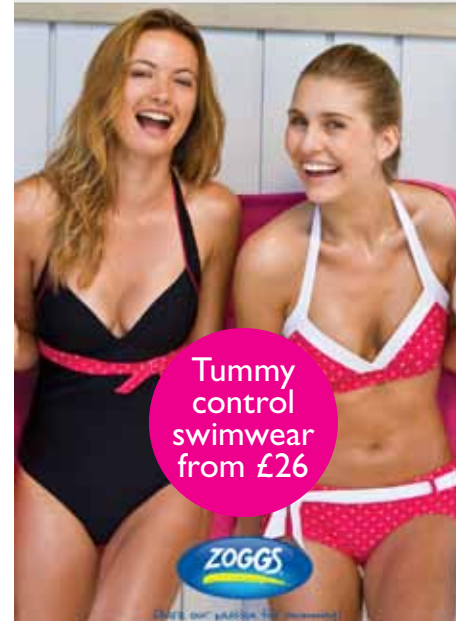
Everyone Active can help, there are plenty of ideas and activities online or at your local leisure centre.

New Range
Available At Your
Local Leisure
Centre Now!



swimshapes

Designed to flatter,
enhance and support



Tummy
control
swimwear
from £26

ZOGGS

FIND US ON FACEBOOK & TWITTER! →



ASK THE EXPERTS AT
YOUR LOCAL CENTRE
OR REGISTER FREE
ONLINE...
WWW.EVERYONEACTIVE.COM

JOIN US NOW!

Step 1: Register **FREE** online or at your local centre.

Step 2: Plan activities and choose from a wide range offered at your local centre.

Step 3: Ask about our money saving memberships.

STAY
ACTIVE &
SAVE!

VISIT US ONLINE AT: WWW.EVERYONEACTIVE.COM