



PCOS Fitness Worksheets

If you have polycystic ovary syndrome (PCOS), physical activity can help in lots of ways. [Learn more](#) about how physical activity is part of living well with PCOS. Use these worksheets to figure out what motivates you, what activities you might enjoy, how to make a fitness plan, and more. Check out **Worksheet 1: Focus on Fitness**, **Worksheet 2: Fun Fitness**, and **Worksheet 3: Fitness Planner**. You can do so much to feel great!

Get ready, get set, and go with these three steps:

1

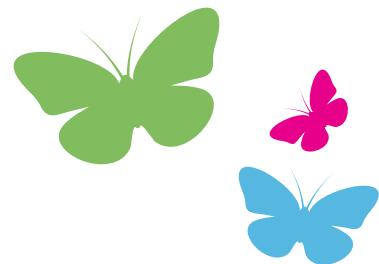
Think about what goals motivate you, what activities you might enjoy, and how to find time for fitness. Use the girlshealth.gov **Worksheet 1: Focus on Fitness** to figure all this out.

2

Pick some fun activities to try, from biking to yoga. Go to **Worksheet 2: Fun Fitness** for ideas on how to stretch, tone, and get moving.

3

When you've chosen your activities, decide how to add them to your routine. You can use **Worksheet 3: Fitness Planner** to make a schedule.



Worksheet 1: Focus on Fitness

My Fitness Motivators and Health Benefits

What makes you want to exercise? Check off and write in your top motivators and benefits.

- | | |
|---|---|
| <input type="checkbox"/> Have more energy | <input type="checkbox"/> Improve my PCOS symptoms |
| <input type="checkbox"/> Release stress from my body | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Develop a healthier and stronger heart | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Manage my weight | <input type="checkbox"/> _____ |

My Everyday Activities

You can move your body more by changing some everyday activities. Check off and list some ways you can get more active.

- | | |
|--|--------------------------------|
| <input type="checkbox"/> Walk instead of taking the bus | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Take the stairs instead of the elevator | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Clean my room with extra zing! | <input type="checkbox"/> _____ |

My Physical Activities

If you like riding your bike or playing a sport, you can exercise and have fun. Think about what you might enjoy that burns some energy and gets your heart going.

- | | |
|---|--------------------------------|
| <input type="checkbox"/> Ride my bike instead of getting a ride | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Dance to my favorite tunes | <input type="checkbox"/> _____ |

My Time to Get Fit

You'll need to make room for exercise in your busy schedule. Think about where you can fit in a few extra workouts. Check off or list some strategies that will help you make time for fitness.

- | | |
|--|--------------------------------|
| <input type="checkbox"/> Mark workout dates on my calendar | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Mix social time & fitness: Exercise with a friend | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Add one more workout per week | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Cut down TV and Internet time | <input type="checkbox"/> _____ |

My Fitness Goals:

Having clear goals can be a great motivator and help keep you focused. Check off or write in your top three fitness goals for the next month.

- | | |
|--|--|
| <input type="checkbox"/> Learn a new sport | <input type="checkbox"/> Start a walking club with friends |
| <input type="checkbox"/> Try a new dance or aerobics class | <input type="checkbox"/> Be outside and get fresh air |
| <input type="checkbox"/> Use the Fun Fitness program in this guide | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Try an exercise DVD | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Join a sports team | <input type="checkbox"/> _____ |

Good job! You've finished your worksheet! Now you're on your way to getting started with your new fitness program. Keep this sheet where you can see it every day to help you stay focused on your goals. Now it's time to pick exercises from the Fun Fitness program.

Worksheet 2: Fun Fitness

Our **Fun Fitness** program is designed to get you going in three different areas of fitness.

- **Stretch It** exercises keep you flexible and relaxed, and can help prevent injuries, like pulling a muscle.
- **Move It** has aerobic activities to help keep your heart strong and manage your insulin levels and your weight.
- **Tone It** has strength exercises to build strong and active muscles and increase your metabolism, so your body does a better job burning food for energy.

Take a look at the exercises from each of the **Fun Fitness** sections. Check off the ones you want to try, and use the extra lines to fill in others you'd like to do. Remember to pick activities that are safe and within your fitness level. If you don't know how to do some of these exercises, try taking a class, borrowing a DVD or book from your library, or getting instructions online. Be sure to choose items from each column for a balanced workout.

Stretch It	Move It	Tone It
Upper Body	<input type="checkbox"/> Hiking	Upper Body
<input type="checkbox"/> Biceps	<input type="checkbox"/> Biking	<input type="checkbox"/> Overhead Shoulder Press
<input type="checkbox"/> Triceps	<input type="checkbox"/> Power Walking (walking at a faster than normal pace, but not quite a running speed)	<input type="checkbox"/> Chest Press
<input type="checkbox"/> Neck	<input type="checkbox"/> Jumping Rope	<input type="checkbox"/> Bent Knee Pushup
<input type="checkbox"/> Chest	<input type="checkbox"/> Dancing	<input type="checkbox"/> Biceps Curl
<input type="checkbox"/> Upper Back	<input type="checkbox"/> Soccer	<input type="checkbox"/> Triceps Extension
<input type="checkbox"/> Cross Shoulder	<input type="checkbox"/> Aerobics Class	Middle Body
Middle Body	<input type="checkbox"/> Tennis	<input type="checkbox"/> Situp
<input type="checkbox"/> Back	<input type="checkbox"/> Field Hockey	<input type="checkbox"/> Isometric Situp
<input type="checkbox"/> Abdomen	<input type="checkbox"/> Kick Boxing	<input type="checkbox"/> Side Twist Situp
<input type="checkbox"/> Waist Reach	<input type="checkbox"/> Kick Ball	<input type="checkbox"/> Front Arm Raise
Lower Body	<input type="checkbox"/> Running	Lower Body
<input type="checkbox"/> Hamstring	<input type="checkbox"/> Track	<input type="checkbox"/> Inner Thigh Lift
<input type="checkbox"/> Inner Thigh	<input type="checkbox"/> Volleyball	<input type="checkbox"/> Outer Thigh Lift
<input type="checkbox"/> Outer Thigh	<input type="checkbox"/> Basketball	<input type="checkbox"/> Power Lift Kick
<input type="checkbox"/> Quadriceps	<input type="checkbox"/> Skiing	<input type="checkbox"/> Squat
<input type="checkbox"/> Lunge	<input type="checkbox"/> Ice Hockey	<input type="checkbox"/> Calf Lift
<input type="checkbox"/> _____	<input type="checkbox"/> Ice Skating	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> Step Aerobics	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> Yoga	
	<input type="checkbox"/> Pilates	
	<input type="checkbox"/> _____	
	<input type="checkbox"/> _____	
	<input type="checkbox"/> _____	

Great! You've hand-picked the exercises you'd like to try. The last step toward getting your fitness program going is to add these activities into your weekly calendar.

Worksheet 3: Fitness Planner

In order to really do the activities you've chosen, you have to make time for them. This worksheet will help you plan your fitness schedule so exercising becomes part of your weekly routine.

Look back at your completed Fun Fitness worksheet and copy your fitness items into the calendar below. Think about which activities will work best on which days and what are good times for the different

activities. Make sure to have a balanced mix of stretching, moving, and toning. You don't have to do all three in one day, but schedule your week so you're not doing only one type of exercise.

After you've created your fitness schedule on this worksheet, it's a good idea to mark the days that you plan to exercise on your own calendar or planner. Put this worksheet someplace where you'll see it to remind you of what's coming up.

Day, Date, and Time	Activity
Sunday	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	

Congratulations! You thought about what motivates you. You've selected different fitness activities, and you've planned your exercise goals. By completing these three worksheets, you've taken a big step toward becoming healthier and fit. Be proud of yourself, and keep up the good work!



Visit www.girlshealth.gov for more information on fitness, dealing with stress, and building a healthy future!



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