

# Physical Activity Log

You can complete the highlighted fields on this form online and then print the form for easy reference. Only text that is visible on the form is printed; scrolled text will not print. Any text you enter into these fields will be cleared when you close the form; you cannot save it.

## Marking progress

Use the chart below to keep track of how much activity you are getting. Include not only long walks or workouts, but also anytime you do something extra, like taking the stairs instead of the elevator, or parking at the far end of the lot at the store.

**Physical activity log**

| Day of week                 | Activity<br>(walk, bike, play, other) | Time<br>(minutes) | Intensity<br>(easy, moderate, hard) |
|-----------------------------|---------------------------------------|-------------------|-------------------------------------|
| Monday<br>1.<br>2.<br>3.    |                                       |                   |                                     |
| Tuesday<br>1.<br>2.<br>3.   |                                       |                   |                                     |
| Wednesday<br>1.<br>2.<br>3. |                                       |                   |                                     |
| Thursday<br>1.<br>2.<br>3.  |                                       |                   |                                     |
| Friday<br>1.<br>2.<br>3.    |                                       |                   |                                     |
| Saturday<br>1.<br>2.<br>3.  |                                       |                   |                                     |
| Sunday<br>1.<br>2.<br>3.    |                                       |                   |                                     |

Print a new chart each week and compare your results. The time spent each day and the intensity should increase gradually over time. You may want to bring these charts to your doctor visits.



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