

# Physical Activity Log

Print this form, and for the next 8 weeks, keep track of your physical activity. The goal is to achieve at least 30 minutes of moderate activity (brisk walking, bicycling, dancing, tennis, etc.) 5 or more days per week. For each day that you complete at least 30 minutes of physical activity, place an “x” in the box. (You can even split up the minutes, if necessary – 2 fifteen minute walks.) Bring this form each time you meet with your coach.

Remember, the goal is to engage in *more* physical activity by the end of the program than you did at the beginning. 5 or more days per week is ideal.

In each box, place an “x” if you achieved at least 30 minutes of activity on that day.	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								
<b>TOTAL</b> Days/week								

