

# Physical Activity Journal

Experts recommend 30 minutes of physical activity most days for basic health benefits. To get started on the path to better health, set a physical activity goal, track the activity you complete and plan new ways to reach your goals.

My Goal: \_\_\_\_\_

	ACTIVITY DESCRIPTION	HOW LONG	HOW HARD	NOTES
Example:	1. Walk slowly 2.	20 minutes	Moderate	Schedule walk with friends later in week
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				
<b>Totals:</b>				

## Ways to Increase Activity:

- \* **Add activity.** Find a new activity that you enjoy; walk for 15-30 minutes before you sit down for your favorite TV show or a break during your work day.
- \* **Trade active time for inactive time.** Take a walk after dinner; ride an exercise bike or do sit-ups while watching TV; walk to return video rentals or to pick up small grocery items.
- \* **Do more of what you are already doing.** Walk for 30 minutes instead of 20 or walk five times a week instead of three.
- \* **Work a little harder.** Turn your walks into power walks or jogs.
- \* **Add strength training to your routine.** Weight lifting or resistance exercises like push-ups helps make bones stronger, improves balance and increases muscle strength. Aim for twice a week.

## Seven Days Completed!

How did you do? Note what you might improve or activities you might add to your physical activity plans: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

You are off to a great start with activity!