

# Physical Activity Log



Keeping track of your physical activity helps keep you on track with your fitness goal. When starting a new fitness routine, be sure to check with your doctor first. Then set a goal, start slowly, and alternate activities to keep it interesting. Don't forget to hydrate and allow time for your body to recover.

**MY GOAL:** \_\_\_\_\_

Plan a balanced routine by choosing how you will exercise and how many minutes each week you will dedicate to aerobic or cardio activity, strength training, and other forms of exercise. All physical activity dedicated to improving fitness counts, so find ways to build movement into your plan.

Aerobic/cardio exercises I will include for \_\_\_\_ minutes each week:

Strength training exercises I will include for \_\_\_\_ minutes each week:

Other activities & exercises I will include for \_\_\_\_ minutes each week:

Focus on the positive as you keep track of your efforts. Think about how you feel now – and how you'll feel when you reach your goal. Add new activities and invite friends and family to join you.

Day of Week	Aerobic Activity	Strength Activity	Other Activity	Minutes	Notes

Total Minutes of Exercise for the Week: \_\_\_\_\_

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**nami**

**Hearts  
Minds**  
Mental Health is Physical Health

Aerobic/cardio exercises: \_\_\_ mins    Strength training exercises: \_\_\_ mins    Other exercises: \_\_\_ mins

Day of Week	Aerobic Activity	Strength Activity	Other Activity	Minutes	Notes

Total Minutes of Exercise for the Week: \_\_\_\_\_

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Total Minutes of Exercise for the Week: \_\_\_\_\_