

Bi-Weekly Physical Activity Log for: _____ **Date:** _____

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activities:	Activities:	Activities:	Activities:	Activities:	Activities:	Activities:
Intensity:	Intensity:	Intensity:	Intensity:	Intensity:	Intensity:	Intensity:
Minutes:	Minutes:	Minutes:	Minutes:	Minutes:	Minutes:	Minutes:
Activities:	Activities:	Activities:	Activities:	Activities:	Activities:	Activities:
Intensity:	Intensity:	Intensity:	Intensity:	Intensity:	Intensity:	Intensity:
Minutes:	Minutes:	Minutes:	Minutes:	Minutes:	Minutes:	Minutes:

1. List your daily activities.
2. Assign each an intensity level - (low, med, high)*.
3. Indicate how many minutes each activity lasted.

*Low intensity exercises include easy walking, house chores, light gardening etc. Moderate intensity exercises include brisk walking or easy jogging, moderately-paced bicycling, etc., and high intensity exercises include fast running, lap-swimming, jump-rope, heavy lifting, etc. (see the Internet resources listed for further interpretation).

[**Back to Lesson 1: Let's Get Moving Unit**](#)