

Physical Activity Log

General recommendations for physical activity.

Gradually build up the amount of activity you do. Aim to do 30-60 minutes of activity each day, which can be done all at once or in several 10-minute sessions. Use a pedometer (an instrument that counts the number of steps you take).

General recommendations are to take 10,000 steps per day. Gradually work up to this by adding 500 steps to your total each week. Keep going until you gradually reach 10,000 steps per day.

One Week Physical Activity Log

DATE	TYPE OF ACTIVITY	GOAL	MINUTES OF ACTIVITY OR NUMBER OF STEPS	NOTES
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
WEEKLY TOTAL				

Health promotion strategies

Changes I will make for next week:

1.

2.

3.

Here are some other sheets related to this topic:

- ☐ Goal setting.
 - ☐ Physical activity contract.
 - ☐ Dealing with relapses.
 - ☐ Choosing an activity that's right for you.
 - ☐ Overcoming barriers.
 - ☐ Stages of changing behavior.
 - ☐ Health promotion strategies.
 - ☐ Measuring your effort during activity.
 - ☐ How to measure physical fitness.
- ☐ How to get started.
 - ☐ How to stay active.