ATTENTIVE HEALTH

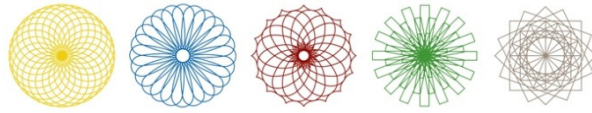## fitness log

YOUR NAME: _____

Physical activity is the foundation of your physical, mental & emotional health. According to the Centers for Disease Control, Americans should engage in moderate-intensity activities for at least 30 minutes, five times per week. Use the attached chart to determine whether your activity is **LIGHT**, **MODERATE**, or **VIGOROUS** intensity and the # of points, then track your activity level each week on the Fitness Log. **Your goal should be to earn 3+ points per week**, but depending on your current fitness level, you should start wherever you are! As always, you should consult your physician before engaging in any new exercise routine. **(You need 50 points for PASSPORT credit)**

	date	activity	intensity (L/M/V)	minutes	points	personal notes (distance, etc.)
SAMPLE	1/1/2000	Walking briskly	M	45	1	Long Trail
MON						
TUES						
WED						
THUR						
FRI						
SAT						
SUN						
week 1	GOAL	3 points/week	TOTAL			

	date	activity	intensity (L/M/V)	minutes	points	personal notes (distance, etc.)
MON						
TUES						
WED						
THUR						
FRI						
SAT						
SUN						
week 2	GOAL	3 points/week	TOTAL			

ATTENTIVE
HEALTH

activity key

LIGHT intensity	MODERATE intensity	VIGOROUS intensity
60 minutes = 1 point	40 minutes = 1 point	30 minutes = 1 point
45 minutes = 1/2 point	30 minutes = 1/2 point	20 minutes = 1/2 point
<30 mins continuous = 0 points	<20 mins continuous = 0 points	<15 mins continuous = 0 points

LIGHT intensity
- ▶ Walking slowly
- ▶ Light Stretching / Warm-up
- ▶ Swimming (slow treading)
- ▶ Bicycling (very light effort)
- ▶ Gardening or pruning
- ▶ Dusting or vaccuuming
- ▶ Golf (powered cart)

MODERATE intensity
- ▶ Walking briskly
- ▶ Weight lifting (machines or free)
- ▶ Swimming (recreational)
- ▶ Bicycling 5-9 mph (level terrain)
- ▶ Mowing lawn (power mower)
- ▶ Scrubbing (floors, windows, etc.)
- ▶ Golf (pulling or carrying clubs)
- ▶ Tennis (doubles)

VIGOROUS intensity
- ▶ Jogging / Running / Race walking
- ▶ Circuit training
- ▶ Swimming laps
- ▶ Bicycling 10+ mph or steep terrain
- ▶ Mowing lawn (hand mower)
- ▶ Moving or pushing furniture
- ▶ Tennis (singles)

	date	activity	intensity (L/M/V)	minutes	points	personal notes (distance, etc.)
MON					0	
TUES					0	
WED					0	
THUR					0	
FRI					0	
SAT					0	
SUN					0	
week 3	GOAL	3 points/week	TOTAL			

	date	activity	intensity (L/M/V)	minutes	points	personal notes (distance, etc.)
MON					0	
TUES					0	
WED					0	
THUR					0	
FRI					0	
SAT					0	
SUN					0	
week 4	GOAL	3 points/week	TOTAL			

	date	activity	intensity (L/M/V)	minutes	points	personal notes (distance, etc.)
MON					0	
TUES					0	
WED					0	
THUR					0	
FRI					0	
SAT					0	
SUN					0	
week 5	GOAL	3 points/week	TOTAL			

	date	activity	intensity (L/M/V)	minutes	points	personal notes (distance, etc.)
MON					0	
TUES					0	
WED					0	
THUR					0	
FRI					0	
SAT					0	
SUN					0	
week 6	GOAL	3 points/week	TOTAL			

	date	activity	intensity (L/M/V)	minutes	points	personal notes (distance, etc.)
MON					0	
TUES					0	
WED					0	
THUR					0	
FRI					0	
SAT					0	
SUN					0	
week 7	GOAL	3 points/week	TOTAL			

	date	activity	intensity (L/M/V)	minutes	points	personal notes (distance, etc.)
MON					0	
TUES					0	
WED					0	
THUR					0	
FRI					0	
SAT					0	
SUN					0	
week 8	GOAL	3 points/week	TOTAL			

	date	activity	intensity (L/M/V)	minutes	points	personal notes (distance, etc.)
MON					0	
TUES					0	
WED					0	
THUR					0	
FRI					0	
SAT					0	
SUN					0	
week 9	GOAL	3 points/week	TOTAL			

	date	activity	intensity (L/M/V)	minutes	points	personal notes (distance, etc.)
MON					0	
TUES					0	
WED					0	
THUR					0	
FRI					0	
SAT					0	
SUN					0	
week 10	GOAL	3 points/week	TOTAL			

	date	activity	intensity (L/M/V)	minutes	points	personal notes (distance, etc.)
MON					0	
TUES					0	
WED					0	
THUR					0	
FRI					0	
SAT					0	
SUN					0	
week 11	GOAL	3 points/week	TOTAL			

	date	activity	intensity (L/M/V)	minutes	points	personal notes (distance, etc.)
MON					0	
TUES					0	
WED					0	
THUR					0	
FRI					0	
SAT					0	
SUN					0	
week 12	GOAL	3 points/week	TOTAL			

	date	activity	intensity (L/M/V)	minutes	points	personal notes (distance, etc.)
MON					0	
TUES					0	
WED					0	
THUR					0	
FRI					0	
SAT					0	
SUN					0	
week 13	GOAL	3 points/week	TOTAL			

	date	activity	intensity (L/M/V)	minutes	points	personal notes (distance, etc.)
MON					0	
TUES					0	
WED					0	
THUR					0	
FRI					0	
SAT					0	
SUN					0	
week 14	GOAL	3 points/week	TOTAL			

	date	activity	intensity (L/M/V)	minutes	points	personal notes (distance, etc.)
MON					0	
TUES					0	
WED					0	
THUR					0	
FRI					0	
SAT					0	
SUN					0	
week 15	GOAL	3 points/week	TOTAL			

	date	activity	intensity (L/M/V)	minutes	points	personal notes (distance, etc.)
MON					0	
TUES					0	
WED					0	
THUR					0	
FRI					0	
SAT					0	
SUN					0	
week 16	GOAL	3 points/week	TOTAL			

	date	activity	intensity (L/M/V)	minutes	points	personal notes (distance, etc.)
MON					0	
TUES					0	
WED					0	
THUR					0	
FRI					0	
SAT					0	
SUN					0	
week 17	GOAL	3 points/week	TOTAL			

	date	activity	intensity (L/M/V)	minutes	points	personal notes (distance, etc.)
MON					0	
TUES					0	
WED					0	
THUR					0	
FRI					0	
SAT					0	
SUN					0	
week 18	GOAL	3 points/week	TOTAL			

	date	activity	intensity (L/M/V)	minutes	points	personal notes (distance, etc.)
MON					0	
TUES					0	
WED					0	
THUR					0	
FRI					0	
SAT					0	
SUN					0	
week 19	GOAL	3 points/week	TOTAL			

	date	activity	intensity (L/M/V)	minutes	points	personal notes (distance, etc.)
MON					0	
TUES					0	
WED					0	
THUR					0	
FRI					0	
SAT					0	
SUN					0	
week 20	GOAL	3 points/week	TOTAL			

	date	activity	intensity (L/M/V)	minutes	points	personal notes (distance, etc.)
MON					0	
TUES					0	
WED					0	
THUR					0	
FRI					0	
SAT					0	
SUN					0	
week 21	GOAL	3 points/week	TOTAL			

	date	activity	intensity (L/M/V)	minutes	points	personal notes (distance, etc.)
MON					0	
TUES					0	
WED					0	
THUR					0	
FRI					0	
SAT					0	
SUN					0	
week 22	GOAL	3 points/week	TOTAL			

	date	activity	intensity (L/M/V)	minutes	points	personal notes (distance, etc.)
MON					0	
TUES					0	
WED					0	
THUR					0	
FRI					0	
SAT					0	
SUN					0	
week 23	GOAL	3 points/week	TOTAL			

	date	activity	intensity (L/M/V)	minutes	points	personal notes (distance, etc.)
MON					0	
TUES					0	
WED					0	
THUR					0	
FRI					0	
SAT					0	
SUN					0	
week 24	GOAL	3 points/week	TOTAL			

	date	activity	intensity (L/M/V)	minutes	points	personal notes (distance, etc.)
MON					0	
TUES					0	
WED					0	
THUR					0	
FRI					0	
SAT					0	
SUN					0	
week 25	GOAL	3 points/week	TOTAL			

	date	activity	intensity (L/M/V)	minutes	points	personal notes (distance, etc.)
MON					0	
TUES					0	
WED					0	
THUR					0	
FRI					0	
SAT					0	
SUN					0	
week 26	GOAL	3 points/week	TOTAL			