



ATTENTIVE
HEALTH

fitness log

YOUR NAME: _____

POINT TOTAL:

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.

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

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



ATTENTIVE HEALTH

activity key

LIGHT intensity

60 minutes = 1 point

45 minutes = 1/2 point

<30 mins continuous = 0 points

MODERATE intensity

40 minutes = 1 point

30 minutes = 1/2 point

<20 mins continuous = 0 points

VIGOROUS intensity

30 minutes = 1 point

20 minutes = 1/2 point

<15 mins continuous = 0 points

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

- ▶ 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)

- ▶ 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						
TUES						
WED						
THUR						
FRI						
SAT						
SUN						
week 3	GOAL		TOTAL			POINTS EARNED

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

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

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

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

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

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

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

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

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