

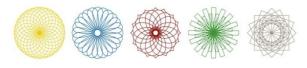
fitness log

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.

	date	activity	intensity (L/M/V)	minutes	points	personal notes (distance, etc.)
SAMPLE	1/1/2000	Walking briskly	М	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			



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activity key

LIGHT intensity

60 minutes = 1 point 45 minutes = 1/2 point <30 mins continuous = 0 points

Walking slowly

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

MODERATE intensity

40 minutes = 1 point 30 minutes = 1/2 point <20 mins continuous = 0 points

- 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

30 minutes = 1 point 20 minutes = 1/2 point <15 mins continuous = 0 points

- 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	3 points/week	TOTAL			

	date	activity	intensity (L/M/V)	minutes	points	personal notes (distance, etc.)
MON						
TUES						
WED						
THUR						
FRI						
SAT						
SUN						
week 4	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 5	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 6	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 7	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 8	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 9	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 10	GOAL	3 points/week	TOTAL			