



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 will earn 1 Passport point for every Fitness Log point, up to 30 points maximum

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	3 points/week	TOTAL			

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	3 points/week	TOTAL			



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	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			