STEPAHEAD TO AN ACTIVE LIFE

PHYSICAL ACTIVITY RECORD

This log will help you keep track of your own patterns of physical activity. Each time you are active, mark the date and time, the time you started and stopped and the type of activity you did. Be sure to include ALL activity that you did, not just activity you did as part of formal exercise, like walking the dog and housework.

An additional option is to indicate the level of activity you did. Activity levels include:
Light activity -It makes you use little effort, and doesn't make you sweat.
Moderate activity - It doesn't make you tired, and makes you sweat just a little.
Strenuous activity - It makes your heart beat quickly, and makes you sweat.

Date	Time started	Time stopped	Activity	Activity Level
May 15	*6:30AM*	*6:45AM*	*Walked the dog*	*Mild*

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