

WEEK BEGINNING

PHYSICAL ACTIVITY LOG

General Recommendations for Physical Activity: Gradually build up the amount of activity you do. Aim to do 30-60 minutes of activity each day, which can be done all at once or in several 10-minute sessions. If possible use a pedometer (an instrument that counts the number of steps you take) or a wearable technology/ activity monitor (such as fitbit) to track these activities. General recommendations are to take 10,000 steps per day. Gradually work up to this by adding 500 steps to your total each week. Keep going until you gradually reach 10,000 steps per day.

One-Week Physical Activity Log

	Type of Activity	Goal	Minutes of Activity or Number of Steps	Notes
Date:				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Weekly Total: _____