

# Endurance Daily Record

Record your endurance activities. **Try to build up to at least 30 minutes of moderate-intensity endurance activity on most or all days of the week. Every day is best.**

Week of: _____	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Endurance Activity*</b>							
<b>How Long Did You Do It?</b>							

Week of: _____	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Number of Steps</b>							

\*Endurance activities are exercises that are performed for 20 minutes or more such as:

- Walking
- Jogging/running
- Swimming
- Bicycling
- Singles tennis
- Rowing

Adapted from: Exercise & Physical Activity: Your Everyday Guide from the National Institute on Aging.  
Available at <http://www.nia.nih.gov/HealthInformation/Publications/ExerciseGuide/default.htm> Accessed May 6, 2009.