

# Activity/Exercise Log/Journal

For a couple of weekdays and a weekend, write down how much time you are physically active (for example, walking, gardening, playing a sport, dancing, lifting weights). The goal is to find ways to increase your activity.

<b>Weekday 1</b>	Activity	Number of Minutes	Ways to Increase Activity
	<b>EXAMPLES:</b> WALK DOG	15 MINUTES	ADD 5 MINUTES
	WALK FROM CAR TO LOBBY THEN ELEVATOR		TAKE STAIRS INSTEAD OF ELEVATOR

**Total Minutes:**

<b>Weekday 2</b>	Activity	Number of Minutes	Ways to Increase Activity

**Total Minutes:**

<b>Weekend</b>	Activity	Number of Minutes	Ways to Increase Activity

**Total Minutes:**

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.