

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.

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

Total Minutes:

Weekday 2	Activity	Number of Minutes	Ways to Increase Activity

Total Minutes:

Weekend	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.