



# 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.

| EXAMPLE | Activity                             | Number of Minutes | Ways to Increase Activity       |
|---------|--------------------------------------|-------------------|---------------------------------|
|         | Walk Dog                             | 15 minutes        | Add 5 minutes                   |
|         | Walk from car to lobby then elevator |                   | Take stairs instead of elevator |

| DAY<br>1 | Activity | Number of Minutes | Ways to Increase Activity |
|----------|----------|-------------------|---------------------------|
|          |          |                   |                           |
|          |          |                   |                           |

**Total Minutes:**

| DAY<br>2 | Activity | Number of Minutes | Ways to Increase Activity |
|----------|----------|-------------------|---------------------------|
|          |          |                   |                           |
|          |          |                   |                           |

**Total Minutes:**

| DAY<br>3 | 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 [nia.nih.gov/HealthInformation/Publications/ExerciseGuide/default.htm](http://nia.nih.gov/HealthInformation/Publications/ExerciseGuide/default.htm)  
Accessed May 6, 2009.