KEEP TRACK OF YOUR PHYSICAL ACTIVITY

Keeping track of your physical activity can help you stay motivated. You can see how much you've done and you also can use it as a tool to help you find ways to get more exercise or increase the level of the activity you do. As you become more fit, you need to either exercise harder, longer or more often to keep getting benefits from your physical activity.

This log will help you keep track of your activity. Each time you are active, mark the date, the time you started and stopped, and the type of activity you did. Be sure to include ALL activity that you did, like walking the dog and housework, not just activity you did as part of formal exercise, a workout or sports.

An additional option is to indicate the level of activity you did. Activity levels include:
Light activity -It makes you use little effort, and doesn't make you sweat.
Moderate activity - It doesn't make you tired, and makes you sweat just a little.
Strenuous activity - It makes your heart beat quickly, and makes you sweat.

Date	Time started	Time stopped	Activity	Activity Level
May 15	*6:30AM*	*6:45AM*	*Walked the dog*	*Light*

STEPAHEAD TO AN ACTIVE LIFE

Division of Preventive and Behavioral Medicine, University of Massachusetts Medical School
Supported by Grant # R01 HL079483 from The National Heart, Lung and Blood Institute and
Grant # R01 CA132941 from The National Cancer Institute