



Week of _____

Sisters Together

Physical Activity Log

My Goal for This Week Is	CARDIO OR AEROBIC	CARDIO OR AEROBIC
<p>NOTES:</p> <p>MONDAY</p>	<p>My Activities:</p> <p>Today's Goal:</p>	<p>My Activities:</p> <p>Today's Goal:</p>
<p>NOTES:</p> <p>TUESDAY</p>	<p>My Activities:</p> <p>Today's Goal:</p>	<p>My Activities:</p> <p>Today's Goal:</p>
<p>NOTES:</p> <p>WEDNESDAY</p>	<p>My Activities:</p> <p>Today's Goal:</p>	<p>My Activities:</p> <p>Today's Goal:</p>
<p>NOTES:</p> <p>THURSDAY</p>	<p>My Activities:</p> <p>Today's Goal:</p>	<p>My Activities:</p> <p>Today's Goal:</p>
<p>NOTES:</p> <p>FRIDAY</p>	<p>My Activities:</p> <p>Today's Goal:</p>	<p>My Activities:</p> <p>Today's Goal:</p>
<p>NOTES:</p> <p>SATURDAY</p>	<p>My Activities:</p> <p>Today's Goal:</p>	<p>My Activities:</p> <p>Today's Goal:</p>
<p>NOTES:</p> <p>SUNDAY</p>	<p>My Activities:</p> <p>Today's Goal:</p>	<p>My Activities:</p> <p>Today's Goal:</p>

Cardio or Aerobic: *Moderate Physical Activity* – You feel your heart beat faster and you breathe faster too. (For example–mild walk)

Vigorous Physical Activity – You have a large increase in breathing and heart rate. Conversation is difficult or “broken”. (For example–very brisk walk)

Other Activities: May include household chores, stretching exercises, meditative exercises such as yoga and Pilates, and resistance training with hand weights, bands, or your own weight.