

Physical Activity Log

Keeping a log can help motivate you to be active. There are several ways to keep a log. HealthierUS Veterans encourages the use of the President's Challenge website. Visit www.healthierusveterans.va.gov. To log activity, click on Fitness Challenges. Another way is with a paper log. You can use this log.

My goal for this week:	Aerobic Activities 30 minutes most days of the week List what you did	Strength and Balance At least 2 days a week List what you did	Stretching Activities Most days of the week List what you did
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			

- I met my activity goal this week
- I didn't meet my activity goal this week. Here's what I need to do differently next week: _____



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