

My Physical Activity Tracker

For the week of _____

My goal for this week is:	Cardio or Aerobic	Strength Training	
	30 minutes most days of the week	at least 2 days a week	
Monday	☐ Today's Goal	☐ Today's Goal	
Notes to myself:	My Activities:	My Activities:	
Tuesday	☐ Today's Goal	☐ Today's Goal	
Notes to myself:	My Activities:	My Activities:	
Wednesday	☐ Today's Goal	☐ Today's Goal	
Notes to myself:	My Activities:	My Activities:	
Thursday	☐ Today's Goal	☐ Today's Goal	
Notes to myself:	My Activities:	My Activities:	
Friday	☐ Today's Goal	☐ Today's Goal	
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Saturday	☐ Today's Goal	☐ Today's Goal	
Notes to myself:	My Activities:	My Activities:	
Sunday	☐ Today's Goal	☐ Today's Goal	
Notes to myself:	My Activities:	My Activities:	
Vigorous Phys Conversation i	Aerobic: Moderate Physical Activity—You feel your heart beat faster and you breathe faster too. Vigorous Physical Activity—You have a large increase in breathing and heart rate. Conversation is difficult or "broken."		
weights or gra	alled resistance exercises—You work your muscles against resistance using avity (for example, push-ups). Try 6-8 strength-training exercises of ns of each exercise.		
To track your physical activity online, visit www.presidentschallenge.org.			



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weights	ometimes called resistance exercises—You work your muscles against resistance using eights or gravity (for example, push-ups). Try 6-8 strength-training exercises of 12 repetitions of each exercise.		
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