



WomanActivityTracker



<http://www.womenshealth.gov/woman>

The Woman Activity Tracker is a program designed to help you be physically active all year long! You can set personal goals, earn virtual awards, and interact with a community of women just like you! The Woman Activity Tracker encourages women to get at least 2 hours and 30 minutes of moderate-intensity physical activity, including 2 days of muscle-strengthening activities, each week.

How do I log my activity online?

New participants can register online at <http://www.womenshealth.gov/woman/register/>. Once you're registered, visit <http://www.womenshealth.gov/woman/my-account/> to add your goals and activities for each week.

How can I tell if my aerobic activity is moderate or vigorous?

Aerobic activity involves moving the large muscles in your arms, legs, and hips over and over again. During aerobic activity, you breathe faster and more deeply, and your heart beats faster.

Vigorous activities take more effort than moderate ones. Here are just a few moderate and vigorous aerobic physical

activities. Do these for 10 minutes or more at a time.

Moderate Activities - I can talk while I do them, but I can't sing

- Biking on level ground or with few hills
- General gardening (raking or trimming shrubs)
- Using your manual wheelchair
- Walking briskly

Vigorous Activities – I can only say a few words without stopping to catch my breath

- Aerobic dance
- Biking faster than 10 miles per hour
- Heavy gardening (digging or hoeing)
- Race walking, jogging, or running

What is a muscle-strengthening activity?

Muscle-strengthening activities move major muscle groups such as legs, hips, back, chest, stomach, shoulders, and arms. Examples of strength-training activities include working out with weight machines and free weights. You can also use homemade weights, such as plastic soft drink bottles filled with sand or water. Push-ups, pull-ups, and sit-ups use your own body weight to strengthen muscle. You should try to do strength-training activities on 2 or more days each week.



WomanActivityTracker



Participant Name: _____ Date Started: _____ Date Completed: _____

New to the Woman Activity Tracker? Take a look at the other side of this sheet to get a jump start!

<http://www.womenshealth.gov/woman>

For this week **my goal** is to complete a total of _____ minutes of **moderate** activity,
_____ minutes of **vigorous** activity, with _____ days of **muscle-strengthening** activities (MSA).

Day	Activity	Minutes	Moderate or Vigorous	MSA	Added online
Sun				<input type="checkbox"/>	<input type="checkbox"/>
Mon				<input type="checkbox"/>	<input type="checkbox"/>
Tues				<input type="checkbox"/>	<input type="checkbox"/>
Wed				<input type="checkbox"/>	<input type="checkbox"/>
Thurs				<input type="checkbox"/>	<input type="checkbox"/>
Fri				<input type="checkbox"/>	<input type="checkbox"/>
Sat				<input type="checkbox"/>	<input type="checkbox"/>

Week # _____ I met my goal this week! Date: _____

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