

Find Your Starting Point

ACTIVITY LOG

For a couple of weekdays and a weekend, write down how much time you are physically active (for example, walking, gardening, playing a sport, dancing, lifting weights). The goal is to find ways to increase your activity.

| | ACTIVITY | NUMBER OF MINUTES | WAYS TO INCREASE ACTIVITY |
|-----------|----------|-------------------|---------------------------|
| WEEKDAY 1 | | | |
| | | | |
| | | | |

Total Minutes _____

| | ACTIVITY | NUMBER OF MINUTES | WAYS TO INCREASE ACTIVITY |
|-----------|----------|-------------------|---------------------------|
| WEEKDAY 2 | | | |
| | | | |
| | | | |

Total Minutes _____

| | ACTIVITY | NUMBER OF MINUTES | WAYS TO INCREASE ACTIVITY |
|---------|----------|-------------------|---------------------------|
| WEEKEND | | | |
| | | | |
| | | | |

Total Minutes _____

