



My Physical Activity Tracker

Name: _____ For the week of: _____

My Goal for this week is: _____

	Cardio or Aerobic 30 minutes most days of the week	Strength Training At least 2 days a week
Monday Notes to myself: _____ _____ _____	Today's Goal My Activities: _____ _____ _____	Today's Goal My Activities: _____ _____ _____
Tuesday Notes to myself: _____ _____ _____	Today's Goal My Activities: _____ _____ _____	Today's Goal My Activities: _____ _____ _____
Wednesday Notes to myself: _____ _____ _____	Today's Goal My Activities: _____ _____ _____	Today's Goal My Activities: _____ _____ _____
Thursday Notes to myself: _____ _____ _____	Today's Goal My Activities: _____ _____ _____	Today's Goal My Activities: _____ _____ _____
Friday Notes to myself: _____ _____ _____	Today's Goal My Activities: _____ _____ _____	Today's Goal My Activities: _____ _____ _____
Saturday Notes to myself: _____ _____ _____	Today's Goal My Activities: _____ _____ _____	Today's Goal My Activities: _____ _____ _____
Sunday Notes to myself: _____ _____ _____	Today's Goal My Activities: _____ _____ _____	Today's Goal My Activities: _____ _____ _____

Cardio or 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 hear ate. Conversation is difficult and "broken."

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