

Weekly Physical Activity Log

Aerobic and Strengthening Activities



Name: _____

My goal is to do aerobic activities for a total of _____ hours and _____ minutes this week.

What I Did:	My Effort:	When I Did It and For How Long:							
		Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total hours or minutes
Example: Walked	Moderate		30 min	30 min		30 min		30 min	2 hours
Example: Basketball	Vigorous						30 min		30 min
Total number of hours and minutes I did these activities this week:									

My goal is to do strengthening activities for a total of _____ days this week.

What I Did:	When I Did It:							
	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total days
Example: Sit-ups	Yes			Yes				2 days
Example: Shoveling dirt	Yes		Yes			Yes		3 days
Total number of days I did these activities this week:								



National Heart, Lung, and Blood Institute

December 2013



COMMUNITY HEALTH WORKER
HEALTH DISPARITIES INITIATIVE