

Session 3



Get Energized! Say YES to Physical Activity

Objectives

By the end of this session, participants will learn:

- Why physical activity is good for their heart and overall health
- About different types of physical activity, including brisk walking
- How much physical activity adults and children need
- Ways to fit physical activity into their schedule

Materials and Supplies

To conduct this session, you'll need:

- *With Every Heartbeat Is Life* manual and picture cards
- Blackboard and chalk, dry erase board, or several large pieces of paper, a marker, and tape
- Drinking water and cups
- (Optional) Music for walking activity

Handouts

Give each participant these handouts during this session:

- (Optional) Community Fun Run/Walk Role Play (page 3.22)
- Getting Started With Physical Activity: Should I Talk to My Health Care Provider? (page 3.23)
- Getting Started With Physical Activity: The Answers (page 3.24)
- Take Heart: Say Yes to Physical Activity (pages 3.25-3.26)
- Walking and Stretching Handout (page 3.27)
- Make Physical Activity a Habit: My Personal Record (page 3.28)
- For more handouts to share on physical activity, go to www.hearttruth.gov

Before This Session

- Read “Tips for Preparing for the Walking Activity” (page 3.17).
- Practice the stretching exercises in the “Walking and Stretching” handout (page 3.27).
- Practice taking a brisk walk.

Session Outline

Introducing the Session

1. Welcome
2. Review of Last Week’s Session
3. About This Session

Conducting the Session

1. Facts About Physical Activity
2. *(Optional)* Community Fun Run/Walk Role Play
3. Benefits of Physical Activity
4. Types of Physical Activity
5. Getting Started: Important Things To Know
6. Finding Time To Be Physically Active
7. Let’s Walk!

Review of Today’s Key Points

Weekly Pledge

Closing

NOTE



If you have time, **include** a 30-minute activity such as walking at the beginning or end of each remaining session.

Introducing the Session

1. Welcome

DO **Welcome** participants to the session

2. Review of Last Week's Session

SAY At the last session, we talked about the warning signs of a heart attack. Who remembers them?

NOTE



Allow about 3 minutes for participants to respond. **Write** their answers on the blackboard, dry erase board, or large piece of paper taped to the wall.

DO **Add** these signs if they aren't mentioned:

- Chest pain or an uncomfortable feeling of pressure, squeezing, or fullness that lasts more than a few minutes. It may feel like heartburn or indigestion.
- Discomfort in one or both arms or shoulders, or in your neck, jaw, back, or stomach.
- Shortness of breath may be your only symptom!

Other symptoms include:

- Breaking out in a cold sweat
- Light-headedness or sudden dizziness
- Nausea or feeling sick to your stomach
- Feeling unusually tired for no reason, sometimes for days (especially if you're a woman)

ASK Who remembers what to do if you or someone else has these symptoms?

SAY Call 9-1-1 right away, even if you aren't sure it's a heart attack. Calling 9-1-1 gets you treated more quickly than driving to the hospital. Don't drive yourself to the hospital.

SAY At the end of the session, we pledged to do one thing to prepare for a heart attack. Please share with the group what you did.

NOTE

Allow 2 or 3 minutes for participants to respond.

ASK Has anyone completed the family health history?

NOTE

(Optional) **Give** a prize to participants who've completed the history.

ASK Does anyone want to share what you've learned about your family health history?

NOTE

Allow about 5 minutes for participants to respond.

3. About This Session

SAY Former First Lady Michelle Obama said, “We need to do a better job of putting ourselves higher on our own ‘to do’ list.”

ASK What does this quote mean to you?

NOTE



Allow 2 to 3 minutes for participants to respond.

SAY During today’s session, we’ll talk about:

- Physical activity and why it’s important for your heart and overall health
- How much physical activity you need every day for health benefits
- Easy ways to be physically active

NOTE



Say by “physical activity” we also mean “exercise.”

Conducting the Session

1. Facts About Physical Activity

SAY Many Americans aren't active enough, which puts them at risk for heart disease and many other health problems.

Less than 25 percent of African American adults are doing the recommended amount of aerobics and muscle-strengthening activity.

But the good news is that increasing your activity even a little bit helps. And the more active you are, the more you'll benefit.

2. (Optional) Community Fun Run/Walk Role Play

DO **Ask** two volunteers to be actors in a role play. **Give** them the "Community Fun Run/Walk Role Play" handout (page 3.22).

DO **Read** the introduction out loud. After the activity is completed, allow 5 minutes for discussion.

ASK What did you learn from this story?

What, if anything, is preventing you and your family or friends from being more physically active?

3. Benefits of Physical Activity

ASK How do you think physical activity can help you?

NOTE



Allow about 5 minutes for participants to respond. **Write** their answers on the blackboard, dry erase board, or large piece of paper taped to the wall.

DO **Show** picture card 3.1.



PICTURE

SAY Physical activity can help you:

- Strengthen your heart and lungs
- Build and maintain healthy bones, muscles, and joints
- Control your weight
- Have more energy
- Improve your mental health and mood
- Feel better about yourself
- Manage stress
- Sleep better

DO **Show** picture card 3.2.



PICTURE

SAY Physical activity can also help:

- Lower your blood pressure
- Raise the level of your HDL (the good) cholesterol
- Control your blood sugar
- Lower your risk of getting heart disease, diabetes, and cancer

4. Types of Physical Activity

ASK What do you do to be physically active?

NOTE



Allow about 5 minutes for participants to respond. **Write** their answers on the blackboard, dry erase board, or large piece of paper taped to the wall.

DO **Show** picture card 3.3.



SAY Aerobic activity, like walking fast, is the best type of activity for your heart and lungs. During aerobic activity, your heart beats faster and you breathe harder than usual.

ASK Can you think of some other examples of aerobic activity?

NOTE



Allow 2 to 3 minutes for participants to respond. **Say** the following if they're not mentioned.

SAY Here are more examples:

- Running
- Swimming
- Biking
- Dancing
- Jumping jacks

SAY Physical activity can also strengthen your muscles and bones.

- Doing push-ups and sit-ups, lifting weights, heavy gardening, and yoga are some examples of muscle-strengthening activities. At least twice a week, try to do activities that strengthen your legs, hips, back, chest, stomach, shoulders, and arms.
- Running, walking, jumping rope, and lifting weights are some examples of activities that also strengthen your bones.

DO **Show** picture card 3.4.



SAY Intensity is how hard your body is working during your physical activity. Light-intensity activities, like cooking or picking up the house, don't require much effort.

During a moderate-intensity activity, like taking a brisk walk, you should notice you're breathing harder and your heart is beating faster. You can still talk but singing would be hard.

During vigorous-intensity activity, like playing a game of basketball or jogging, you're working even harder and you can't say more than a few words without stopping for a breath.

Moderate and vigorous intensity is better for your heart than light intensity. But even light is better than doing nothing.

DO **Show** picture card 3.5.



SAY When you decide to become more physically active, increase your intensity gradually. For example, when you're comfortable walking slowly on flat ground, pick up the pace, then try some hills. You'll start to feel great!

ASK How much physical activity do you think you need to do each day to take care of your health?

SAY All adults should aim for at least 150 minutes (2 hours and 30 minutes) of moderate activity or 75 minutes (1 hour and 15 minutes) of vigorous activity every week.

- Children need more—at least 60 minutes of mostly moderate to vigorous activity every day.

More Information

Physical activity is good for a woman's health, mood, and weight before, during, and after her pregnancy. Women should talk to their health care provider about what physical activities are safe during pregnancy and soon after delivery.

DO Show picture card 3.6.



SAY If you can't set aside a chunk of time during your day to be active, try shorter periods several times a day. It's the total time that's important.

SAY For example, if you're aiming for **30 minutes** a day:

Walk or ride your stationary bike , if you have one, before going to work	10 min
Walk during a break at work	10 min
Jog in place and do jumping jacks later in the day, maybe while watching TV	10 min
Total: 30 min	

DO Show picture card 3.7.



SAY If you have more time, you can build up to **60 minutes** a day:

Jog early in the morning	10 min
Dance before you shower and go to work	10 min
Take a brisk walk with coworkers during your lunch break	15 min
Play basketball with your friends or kids before dinner	15 min
Use your stationary bike while watching TV in the evening	10 min
Total: 60 min	

More Information**How many calories do you burn?**

- Physical activity helps with weight control.
- Try to be physically active most days.

Here are examples of how many calories you can burn in 30 minutes:

Activity	Calories burned per 30 minutes*
Weightlifting	175
Walking (briskly), 3½ miles per hour	151
Gardening	133
Raking leaves	133
Dancing	273
Biking, 10–11 miles per hour	238
Playing basketball	228
Running, 5 miles per hour	291

*These calories are for a healthy 154-pound person. A lighter person burns fewer calories; a heavier person burns more.
Source: *The Compendium of Physical Activities Tracking Guide*, Arizona State University, 2011.

5. Getting Started: Important Things To Know

NOTE

This session has information for people who are just beginning to be physically active or who want to be more active.

SAY

Here are a few things to know before you start.

ASK

Have you heard that you should check with your health care provider before you start an exercise program?

NOTE

Allow a couple of minutes for participants to respond.

SAY

Healthy people who don't have heart problems don't need to check with their provider before beginning moderate-intensity activities, like brisk walking.

But if you have a heart problem or chronic disease, such as heart disease, diabetes, or high blood pressure, you do need to talk to your provider. Ask them what types of physical activity are safe for you.

You also should talk to your provider about safe physical activities if you have symptoms such as chest pain or dizziness when you're active.

DO

Give each participant the "Getting Started With Physical Activity: Should I Talk to My Health Care Provider?" handout (page 3.23).



HANDOUT

SAY

It's important to know who needs to see a health care provider before they get more active. On your handout, check who should see a provider.

- DO **Read** the following information while participants check the boxes.
- Charles is 65 years old and had a heart attack 10 years ago, but he's fully recovered.
 - Lauren is 32 and had a healthy baby 3 months ago.
 - Darius is 38 and has diabetes, but he controls his condition very well with medication.
 - Vicky is 35 and wants to be more physically active to help lower her blood pressure and quit smoking.
 - Alicia is 27, in good health, and she wants to start running.
 - Terrance is 57 and broke his leg 2 years ago, but it healed well. He wants to start walking every day.

NOTE



Allow a few minutes for participants to discuss.

DO

Give each participant the “Getting Started With Physical Activity: The Answers” handout (page 3.24).



HANDOUT

NOTE



Go over the answers with the group.

SAY

Let's take a look at the answers:

- Charles **doesn't need** to see a health care provider. After a heart attack, most people who don't have chest pain or other problems can safely return to most of their normal activities within a few weeks.
- Lauren **should** ask her provider what activities are safe so soon after having a baby.
- Darius **should** see a health care provider. Anyone with an ongoing condition such as heart disease, lung disease, or diabetes needs to talk to their health care provider first.
- Vicky **should** see a health care provider because she has high blood pressure and can ask for help to quit smoking.

- Alicia **doesn't need to**. She's young and in good health.
- Terrance **doesn't need to**. His broken leg isn't a problem.

Healthy people who don't have heart problems don't usually need to check with a health care provider before beginning moderate-intensity activities.

SAY Here are some other things to know before becoming more physically active:

- Start slowly. Gradually increase the time and effort that you put into any activity.
- Drink enough water before, during, and after physical activity so you don't get dehydrated.
- Wear comfortable, supportive shoes. Use safety gear, such as a bike helmet, when needed.
- When exercising outdoors, use sunscreen or wear protective clothing. Stay in well-lit and well-maintained places. Keep an eye on the weather and the air quality, especially if you have asthma.

SAY Being physically active may feel harder if you're overweight or obese. You may run out of breath or get tired more quickly.

Start with these activities:

- Walking, dancing, or (if you have access to a pool) water activities. Exercising in water lets you move in ways you can't on land, and it protects your joints.
- Everyday activities, like taking the stairs instead of the elevator, walking your dog, playing with the kids, or getting off your bus one stop early and walking the rest of the way, can help your health.
- Try different activities, find what you enjoy, and do what works for you.

ASK Do you think about what will happen to your hair when you're active and sweating?

NOTE



Allow about 2 minutes for participants to respond.

- SAY** The fear that sweat will ruin a nice hairstyle discourages some people from being more physically active. Here are a few tips to protect your hair:
- Keep loose hair in a ponytail or bun.
 - Wear a headband or hair wrap to absorb moisture and prevent frizz.
 - Put some dry shampoo on your roots to absorb moisture.
 - Braid or twist your hair. It may be easier to maintain while you're active, or braid your hair just for your workout.
 - Remove the salt buildup from sweating by washing your hair once a week with a mild, pH-balanced shampoo.

ASK Does anyone have other suggestions?

NOTE

Allow 2 or 3 minutes for participants to respond.

6. Finding Time To Be Physically Active

SAY You may be wondering how you'll find time to be more active. Let's look at some ways.

DO **Give** each group member the "Take Heart: Say Yes to Physical Activity" handout (pages 3.25-3.26). **Read** the handout out loud.



ASK What are some other ways to be active even when time is limited?

NOTE

Allow about 5 minutes for participants to respond. **Write** their answers on the blackboard, dry erase board, or large piece of paper taped to the wall.

DO

Add the following if they weren't mentioned:

- Take a 15- to 20-minute walk during your lunch break at work or after dinner with a friend or family member. If you have a dog, you probably have an enthusiastic walking companion who might like to get out more!
- Jump rope, jog in place, do jumping jacks, or dance for a few minutes each day. Work up to 10 minutes without stopping. You can even dance sitting down, if needed!
- Play an active game such as basketball with your children or grandchildren. You'll burn calories and have fun together.
- Reduce screen time or be active while you watch or listen to a show.

SAY

If you don't feel safe walking in your neighborhood, try a school track or a local shopping mall. Some malls have walking clubs that meet every day, and the malls let the walkers in before the stores open.

SAY

Warm up your muscles before you exercise, and cool down gradually afterward to let your heart rate return to normal. A warmup and cooldown usually involve doing the activity at a slower speed or lower intensity.

7. Let's Walk!

Tips for Preparing for the Walking Activity

When leading this activity, remember:

- Use a lively song for the warmup, a faster song for the walking, and a relaxing song for the cooldown. (Make sure no one objects to the music.)
- Be enthusiastic. Participants will pick up on your enthusiasm and feel good about being active.
- Lead the walk in a circle if you have to do the walking indoors or if space is limited.
- Have drinking cups and a pitcher of water available before and after the activity.

SAY Spending time warming up before you exercise can help get your muscles ready to work. Cooling down after you exercise will let your heart rate return to normal.

DO **Ask** the participants to stand at least 3 feet apart from each other.

DO **Start** the music.

SAY Let's walk in place slowly for 3 minutes.

DO **Give** each participant the "Walking and Stretching Activity" handout (page 3.27).



HANDOUT

SAY Now, I'll show you some stretches. Watch me and then try them yourselves. They get easier with practice.

NOTE



After stretching, **lead** the group on a 15- to 20-minute walk. **Walk** slowly for the first 5 minutes, then briskly for 5 to 10 minutes, then slowly for the last 5 minutes.

ASK How do you feel? Is brisk walking an activity you may do more often?

NOTE

Allow 3 to 5 minutes for participants to respond.

SAY If you already walk three or more times a week—good for you! Now try walking more often or making your walks more vigorous.

SAY We all need motivation to get and keep moving. Invite a friend or family member to walk with you on a regular basis, and put it on your calendars. Join an exercise class or a group, like the YMCA or a hiking club. Plan social or family activities that get everyone moving.

SAY Walking clubs are a great way to get out and make new friends.

NOTE

See pages A.12-A.13 in the Appendix for tips on how to organize a walking club, so you can share these tips with the group.

ASK What would help you to stay motivated?
Where are some safe places in your neighborhood where you could walk?

NOTE

Allow about 5 minutes for participants to respond. **Write** their answers on the blackboard, dry erase board, or large piece of paper taped to the wall.

DO **Give** each participant the “Make Physical Activity a Habit: My Personal Record” handout (page 3.28).



SAY Use this handout to track your daily progress.

Review of Today's Key Points

SAY Let's review what we've learned today.

What are some of the benefits of regular physical activity?

It can:

- Strengthen your heart and lungs
- Build and maintain healthy bones, muscles, and joints
- Help you control your weight, cholesterol, blood pressure, and blood sugar
- Help you sleep better and have more energy
- Improve your mental health and mood
- Lower your risk for heart disease, diabetes, and cancer

What's an activity that many people enjoy?

- Brisk walking. Get a walking buddy to motivate you.
- Playing basketball. Join a team or play a pick-up game.
- Taking a dance or yoga class. Bring a friend or make a new one.
- Going for a bike ride. Bike to the store or just for fun.
- Gardening. You'll grow stronger!

What are simple ways to become more active throughout the day?

- Take a walk.
- Get off the bus one stop early and walk or park your car further away in the parking lot.
- Dance to your favorite music (even if you're sitting!).
- Take the stairs instead of the elevator.

How much physical activity should you aim for each week?

- Adults need at least 150 minutes (2½ hours) of moderate physical activity each week.
- Children need at least 60 minutes daily.

Weekly Pledge



PLEDGE

SAY You've learned a lot today about physical activity. Please think of one change you'll make to be more active. This will be your pledge for the week.

SAY Be specific about **what** you'll do, **how** you'll do it, and **when** you'll start. Here are a couple of examples:

- I'll talk to family members and friends this weekend about taking regular walks together.
- Tomorrow, I'll walk for at least 20 minutes during my lunch break.

SAY Write your pledge on the "Take Heart: Say Yes to Physical Activity" handout (page 3.25-3.26). Keep this handout in a special place so you can see your pledge and keep your goal in mind.

NOTE



Allow 5 minutes for participants to think of a pledge and write it down.

ASK Would anyone like to share your pledge with the group?

DO **Write** down pledge ideas on the blackboard, dry erase board, or large piece of paper taped to the wall.

SAY (*Optional*)

Keeping a personal value in mind can help you become more physically active. Remember that a personal value is a quality that's important to you.

Think about today's quote from Michelle Obama: "We need to do a better job of putting ourselves higher on our own 'to-do' list."

Today's value is determination. Having determination means you're willing to work hard to achieve a goal, even if it seems out of reach. It requires putting yourself a little higher up on your to-do list.

ASK How could you use determination or another value to help you keep your pledge?

NOTE

Allow 3 minutes for participants to share their thoughts.

SAY We'll talk about how you did with your pledge at the next session. Remember to keep working on your pledge to be prepared if a heart attack happens.

Closing

SAY Thank you for coming today. What did you think of today's session?

NOTE

Allow a moment for participants to respond.

SAY I'm looking forward to seeing you at the next session. You'll learn ways to help control your blood pressure. Please continue to work on your family health history.

NOTE

Think about today's class. What worked? What didn't? Have you made any changes in your own life that were covered in today's session?



Community Fun Run/Walk Role Play

The Harris family is walking in an annual charity 5K Fun Run/Walk. Kayla Harris, her husband James, Elijah (age 13), Imani (age 10), and Miles (age 8), are walking together.



Kayla

I'm so glad we could do the walk this year. Remember how we skipped it last year because we thought we couldn't make it to the end?

James

That was before we started walking together every other day after dinner.

Kayla

Look at us now! We're together as a family and doing something that gets us all moving.

James

At first, Elijah and Imani didn't want to put down their phones. Now, they can't wait to choose the family weekend activity.

Kayla

They've come a long way!

James

We've all made a lot of progress. Remember how we used to feel after walking for just 10 minutes? But each day, we walked a little farther. Now I enjoy walking for 30 minutes without stopping.

Kayla

I like walking too, especially when I have someone to talk to or I'm listening to music.

James

Yep. Maybe we could try working up to jogging some of the route next year!



Getting Started With Physical Activity: Should I Talk to My Health Care Provider?

It's very important to know when to talk with a health care provider before starting a physical activity program.

In the list below, check which people should see a health care provider.

- Charles is 65 years old and had a heart attack 10 years ago, but he's fully recovered.
- Lauren is 32 and had a healthy baby 3 months ago.
- Darius is 38 and has diabetes, but he controls his condition very well with medication.
- Vicky is 35 and wants to be more physically active to help lower her blood pressure and quit smoking.
- Alicia is 27, in good health, and she wants to start running.
- Terrance is 57 and broke his leg 2 years ago, but it healed very well. He wants to start walking every day.

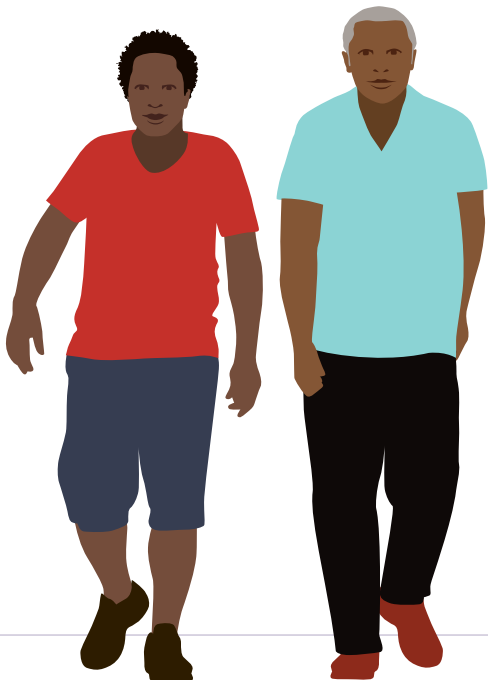




Getting Started With Physical Activity: The Answers

- Charles **doesn't need to** see a health care provider. After a heart attack, most people who don't have chest pain or other problems can safely return to most of their normal activities within a few weeks.
- Lauren **should ask her provider** what activities are safe so soon after having a baby.
- Darius **should check with his health care provider**. Anyone with an ongoing condition such as heart disease, lung disease, or diabetes needs to talk to a doctor first.
- Vicky **should see a health care provider** because she has high blood pressure and can get help to quit smoking.
- Alicia **doesn't need to**. She's young and in good health.
- Terrance **doesn't need to**. His broken leg isn't a problem.

Healthy people who don't have heart problems don't usually need to check with a health care provider before beginning moderate-intensity activities.





Take Heart: Say Yes to Physical Activity

Regular physical activity can help your heart and lungs work better, lower your blood pressure, and help you control your weight and cholesterol. It can help you manage stress, sleep better, have more energy, and feel better about yourself. It can also reduce your risk for diabetes, heart disease, and some types of cancer.



Make Staying Active a Lifelong Habit.

Ms. Diane has learned that the more physical activity she does, the easier it gets.

I don't wait until the end of the day to be active. I'm active throughout the day. I take the stairs instead of the elevators and take walking breaks during the day. Between this and walking with a friend in the evenings, I now walk 60 minutes a day.





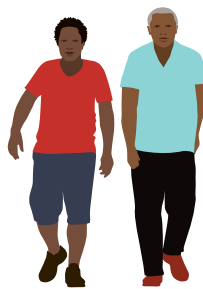
Take Heart: Say Yes to Physical Activity (continued)

Keep moving. Start slowly and work your way up!

Short on time? Be active for just 10 minutes at a time a few times a day. You can do activities at the intensity that’s right for you: light, moderate, or vigorous intensity. Your goal: at least 150 minutes of moderate-intensity activity each week.

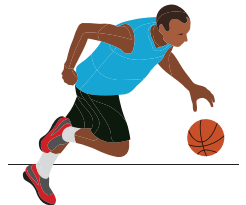
Activities that you can do at low or moderate intensity:

- Walking
- Gardening (mowing, raking)
- Dancing
- Home repairs
- Washing a car
- Washing windows or floors
- Weightlifting



Activities that require more effort:

- Playing soccer or basketball
- Running or jogging
- Biking fast or uphill
- Swimming laps
- Jumping rope
- Skating at a fast pace



Set yourself up for success:

- Set an alarm that encourages you to take a walking break during the work day.
- Leave a pair of walking shoes in your car.

Morning

Park your car farther away from the entrance than you normally do or get off the bus one stop early and walk the rest of the way to work.

Noon

During lunch, take a walk with a coworker or go up and down a flight of stairs a few times.

Evening

After dinner, take a walk with your family or a friend.

Three ways I will be more active this week: _____

Your health and your family’s health are priceless. Make an investment in both!



Walking and Stretching

A Sample Daily Walking Program

This program is only a guide. Your walking sessions may be longer or shorter based on your ability and the advice of your health care provider. If you're walking fewer than three times per week, give yourself more than 2 weeks before adding more.

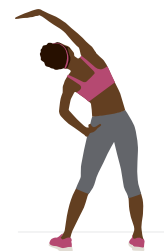
Warm Up Time	Brisk Walk Time	Cool Down Time	Total Time
Walk Slowly		Walk Slowly and Stretch	
Week 1			
5 minutes	5 minutes	10 minutes	20 minutes
Week 2			
5 minutes	5 minutes	10 minutes	20 minutes
Week 3			
10 minutes	20 minutes	10 minutes	40 minutes
Week 4			
5 minutes	15 minutes	10 minutes	30 minutes

A Sample Stretching Program

Most experts advise stretching only after you have warmed up. To warm up, walk slowly for a few minutes before picking up the pace. Stretching gently at the end of your walk may help build flexibility. Don't bounce or hold your breath when you stretch. Do each stretch slowly and move only as far as you feel comfortable.

Side Reach

Reach one arm over your head and to the side. Keep your hips steady and your shoulders straight to the side. Hold for 10 seconds and repeat on the other side.



Wall Push

Lean your hands on a wall and place your feet about 3 to 4 feet away from the wall. Bend one knee and point it toward the wall. Keep your back leg straight with your foot flat and your toes pointed straight ahead. Hold for 10 seconds and repeat with the other leg.



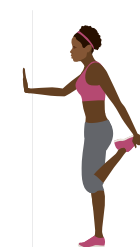
Knee Pull

Lean your back against a wall. Keep your head, hips, and feet in a straight line. Pull one knee toward your chest, hold for 10 seconds, and then repeat with the other leg.



Leg Curl

Pull your right foot toward your buttocks with your right hand. Stand straight and keep your bent knee pointing straight down. Hold for 10 seconds and repeat with your other foot and hand.



Hamstring Stretch

Sit on a sturdy bench or hard surface so that one leg is stretched out on the bench with your toes pointing up. Keep your other foot flat on the surface below. Straighten your back, and if you feel a stretch in the back of your thigh, hold for 10 seconds and then change sides and repeat. If you don't feel a stretch, slowly lean forward from your hips until you feel a stretch.





Make Physical Activity a Habit: My Personal Record

Name: _____

- Track your progress every day.
- Start out slowly.
- Aim to reach at least 150 minutes (2½ hours total) per week!



Write down the number of minutes you're active each day								
Week #	Sunday Minutes	Monday Minutes	Tuesday Minutes	Wednesday Minutes	Thursday Minutes	Friday Minutes	Saturday Minutes	Total Minutes
Example	5	5	10	10	15	15	15	75
Week 1								
Week 2								
Week 3								
Week 4								
Week 5								
Week 6								
Week 7								
Week 8								