

Make Physical Activity a Habit

Physical activity is great for keeping your whole body healthy, managing stress, lowering high blood pressure, sleeping better, and more. Go for a combination of aerobic activity, like brisk walking, and exercises to strengthen your muscles, like yoga or lifting weights.

Use this chart to record how much physical activity you get and when you do strength exercises. Having a record will help you stay on track and see your progress.

- Write down what you do every day.
- Start out slowly.
- Aim to reach at least 150 minutes (2½ hours total) per week!
- Try to do strength training at least two days a week. Draw a star on those days in your chart.



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								

Go to hearttruth.gov for more tips on making physical activity part of your self-care routine.

