

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 _____

