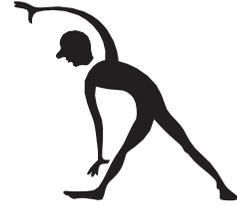




Physical Activity Log



Name: _____

- Record all physical activity for a week. Remember to include regular daily activities such as climbing stairs, gardening, and walking to the office from a parking lot.
- Include all forms of physical fitness activities including stretching, weight lifting, balancing, and aerobic movement.

Day of the Week	Type of Activity	Amount of Time
Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		



➤ **Look for Everyday Opportunities**

Short bursts of activity throughout the day make a difference.

- Use steps instead of elevators or escalators.
- Park your car in a distant section of the parking lot.
- Leave work five minutes later. Take a walk around the building.
- Get off the train or bus one stop early and walk the rest of the way.
- Take a walk during lunch.
- March, stretch, or do squats while brushing your teeth.
- Pace around the house or do arm curls with a can of food while talking on the phone.
- Jump rope, stretch, jog in place, or lift weights while watching TV.
- Be prepared. Keep walking shoes in your car or in your desk.
- Take your bike with you to a conference and explore the local scenery before driving home.

➤ **Plan a Daily Routine**

Think about cost, convenience, and bad weather options when planning a program. Look for creative ways to keep the activities enjoyable.

- Schedule time for physical activity. Write it in your calendar.
- Vary the physical activities. Plan to bike one day a week, jog two days a week, and go to the gym three days a week.
- Join a walking club, a biking club, etc.
- Add variety to the activity. Have several walking trails; ask a friend to join you in your walks; or listen to music or recorded books during your walks.

➤ **Plan Physically Active Leisure Time Events**

Look for activities the whole family can enjoy.

- Have a family baseball or soccer game.
- Plan a bike tour, mountain hike, or canoe trip.
- Explore a cave.