

My Aerobic and Strengthening Activities Log

Note: You can also track your physical activity at:

<https://www.choosemyplate.gov/SuperTracker>

My goal is to do **aerobic activities** for a total of 2 hours and 30 minutes this week.

What I did	Effort	When I did it and for how long							Total hours or minutes
		Mon	Tue	Wed	Thu	Fri	Sat	Sun	
This is the total number of hours or minutes I did these activities this week:									__ hours and __ min

My goal is to do strengthening activities for a total of 2 days this week.

What I did	When I did it							Total days
	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
This is the total days I did these activities this week:								__ days

Source: 2008 Physical Activity Guidelines for Americans, Be Active Your Way: A Guide for Adults.
<http://health.gov/paguidelines/pdf/adultguide.pdf>

