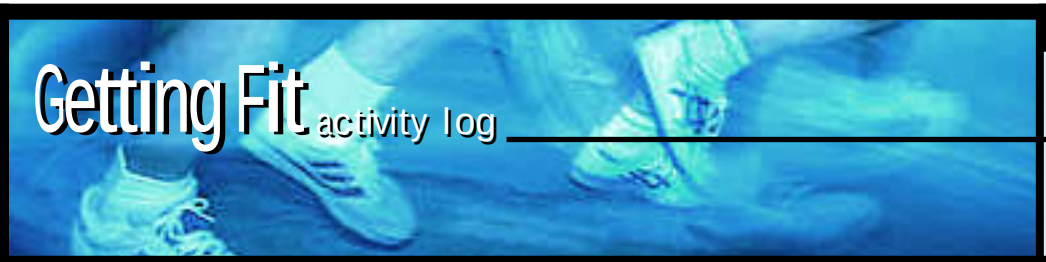

Getting Fit activity log

Each day that you do some moderate-intensity exercise, write in your activities and durations, eg. 15 min walking, 30 min tennis. Each day that you stretch or do strength training, check off that activity as well. Each week, total the number of days in which you accumulated at least 30 minutes of moderate-intensity exercise, the number of days you stretched, and the number of days you did the suggested strength training.
Aim for the number of days shown in the Goals column. You can do it!

week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	total days	goals
1									3
2									3
3	○ stretch	○ stretch	○ stretch	○ stretch	○ stretch	○ stretch	○ stretch		3 3
4	○ stretch	○ stretch	○ stretch	○ stretch	○ stretch	○ stretch	○ stretch		3 3
5	○ stretch	○ stretch	○ stretch	○ stretch	○ stretch	○ stretch	○ stretch		3 3
6	○ stretch ○ strength	○ stretch ○ strength	○ stretch ○ strength	○ stretch ○ strength	○ stretch ○ strength	○ stretch ○ strength	○ stretch ○ strength		3 2 3
7	○ stretch ○ strength	○ stretch ○ strength	○ stretch ○ strength	○ stretch ○ strength	○ stretch ○ strength	○ stretch ○ strength	○ stretch ○ strength		3 2 3
8	○ stretch ○ strength	○ stretch ○ strength	○ stretch ○ strength	○ stretch ○ strength	○ stretch ○ strength	○ stretch ○ strength	○ stretch ○ strength		3 2 4