

Physical Activity Tracker

Name: _____

Tracker for the week of: _____

My goal for this week is:	Cardio or Aerobic 30 minutes most days of the week	Strength Training at least 2 days a week
Monday Notes:	Today's Goal Activities:	Today's Goal Activities:
Tuesday Notes:	Today's Goal Activities:	Today's Goal Activities:
Wednesday Notes:	Today's Goal Activities:	Today's Goal Activities:
Thursday Notes:	Today's Goal Activities:	Today's Goal Activities:
Friday Notes:	Today's Goal Activities:	Today's Goal Activities:
Saturday Notes:	Today's Goal Activities:	Today's Goal Activities:
Sunday Notes:	Today's Goal Activities:	Today's Goal Activities:
<p>Cardio or Aerobic: Moderate Physical Activity—You feel your heart beat faster and you breathe faster too. Vigorous Physical Activity—You have a large increase in breathing and heart rate. Conversation is difficult or "broken."</p> <p>Strength Training: Sometimes called resistance exercises—You work your muscles against resistance using weights or gravity (for example, push-ups). Try 6-8 strength-training exercises of 8-12 repetitions of each exercise.</p>		

Source: U.S. Department of Health and Human Services