**Physical Activity Log**

DATE: Please record activity in minutes.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Flexibility****Exercise****(stretching)** | **Cardio-respiratory****Exercise****(walking, biking)** | **Resistance** **Exercise****(body weight, weights)** | **Neuro-motor Exercise****(yoga, dance, tai chi…)** | **Hourly****Moving****(walking to refill water…)** | **Daily Totals** |
| MONDAY |   |   |  |  |  |  |
| TUESDAY |  |  |  |  |  |  |
| WEDNESDAY |  |  |  |  |  |  |
| THURSDAY |  |  |  |  |  |  |
| FRIDAY |  |  |  |  |  |  |
| SATURDAY |  |  |  |  |  |  |
| SUNDAY |  |  |  |  |  |  |
|  | **Weekly Total:** |  |

NOTES (How did you feel before you exercised? How did the exercise feel? How did you feel after you exercised?):

**Physical Activity Log**

DATE: Please record activity in minutes.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Flexibility****Exercise****(stretching)** | **Cardio-respiratory****Exercise****(walking, biking)** | **Resistance** **Exercise****(body weight, weights)** | **Neuro-motor Exercise****(yoga, dance, tai chi…)** | **Hourly****Moving****(walking to refill water…)** | **Daily Totals** |
| MONDAY |   |   |  |  |  |  |
| TUESDAY |  |  |  |  |  |  |
| WEDNESDAY |  |  |  |  |  |  |
| THURSDAY |  |  |  |  |  |  |
| FRIDAY |  |  |  |  |  |  |
| SATURDAY |  |  |  |  |  |  |
| SUNDAY |  |  |  |  |  |  |
|  | **Weekly Total:** |  |

NOTES (How did you feel before you exercised? How did the exercise feel? How did you feel after you exercised?):