

## ACTIVITY LOG

# FIND YOUR STARTING POINT

For a couple of weekdays and a weekend, write down how much time you are physically active (for example: walking, gardening, playing a sport, dancing, lifting weights). The goal is to find ways to increase your activity.

	Activity	# of Minutes	Ways to Increase Activity
Weekday 1			

**Total Minutes** \_\_\_\_\_

Weekday 2			

**Total Minutes** \_\_\_\_\_

Weekend			

**Total Minutes** \_\_\_\_\_

