

Physical Activity Log

Use the Physical Activity Log to keep track of your activity. Post it where you will see it frequently (e.g. in your room or on your fridge). Remember to listen to your body. Don't push yourself to the point of pain or exhaustion. If you have any questions or concerns about your activity program, touch base with your activity coach.

Date	Type of activity Specify exact physical activity (e.g., stretch, walk, yoga etc.) and intensity (was it easy, moderate, or difficult?)	Who you were with	Total minutes	How you felt

