

My Monthly Physical Activity Record

While tracking physical activity may seem time consuming, it can dramatically improve your chance of succeeding in this healthy living program. If you don't want to log your Physical Activity online print this log and hang it on your refrigerator where you can be reminded to fit exercise into your daily schedule.

Get Moving and log your physical activity everyday!

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date							
Description of Activity							
Number of Minutes							
Date							
Description of Activity							
Number of Minutes							
Date							
Description of Activity							
Number of Minutes							
Date							
Description of Activity							
Number of Minutes							

