




Weekly Activity Tracker

 Aim to get at least 150 minutes of moderate-intensity exercise each week. It not only helps you get in shape, but it also reduces your risk of heart disease, stroke and type 2 diabetes.

STARTING WEIGHT: _____


DATE: _____


 **ACTIVITY:** _____

 **DURATION:** _____

INTENSITY LEVEL: (1) (2) (3) (4) (5)
[5=MOST INTENSE]


DATE: _____


 **ACTIVITY:** _____

 **DURATION:** _____

INTENSITY LEVEL: (1) (2) (3) (4) (5)
[5=MOST INTENSE]


DATE: _____


 **ACTIVITY:** _____

 **DURATION:** _____

INTENSITY LEVEL: (1) (2) (3) (4) (5)
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INTENSITY LEVEL: (1) (2) (3) (4) (5)
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DATE: _____

 **ACTIVITY:** _____

 **DURATION:** _____

INTENSITY LEVEL: (1) (2) (3) (4) (5)
[5=MOST INTENSE]

END-OF-WEEK TOTAL: _____	ENDING WEIGHT: _____
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 Talk with your doctor before starting any new activity. To find a doctor, call **801-581-2897**.