

Activity Log

Name: _____

Week of: _____

Do aerobic exercise at least 3-5 times per week (but everyday is great!)*

Exercise for 20-60 minutes per session.

Exercise at 60-90% of target heartrate.

Day	Describe Your Aerobic Activity	Heart Rate	Time	Pedometer
Sun		Beats Per Minute	20 Minutes 30 Minutes 40 Minutes 50 Minutes 60 Minutes	Steps Per Day
Mon		Beats Per Minute	20 Minutes 30 Minutes 40 Minutes 50 Minutes 60 Minutes	Steps Per Day
Tue		Beats Per Minute	20 Minutes 30 Minutes 40 Minutes 50 Minutes 60 Minutes	Steps Per Day
Wed		Beats Per Minute	20 Minutes 30 Minutes 40 Minutes 50 Minutes 60 Minutes	Steps Per Day
Thur		Beats Per Minute	20 Minutes 30 Minutes 40 Minutes 50 Minutes 60 Minutes	Steps Per Day
Fri		Beats Per Minute	20 Minutes 30 Minutes 40 Minutes 50 Minutes 60 Minutes	Steps Per Day
Sat		Beats Per Minute	20 Minutes 30 Minutes 40 Minutes 50 Minutes 60 Minutes	Steps Per Day

Total Steps Per Week _____

* According to the American College of Sports Medicine's Guidelines for Cardiovascular Fitness and Muscle Strength 1990