



## Physical Activity Tracker

Tracking your activity is one way to stay motivated and appreciate your progress. This activity tracker can help you stay informed about your activity levels so you can:

- Evaluate the types of activities you do to build a balanced and well-rounded activity and exercise program
- Examine how often you are doing specific activities to know if frequency should be increased or decreased for your specific goals
- Recognize your progress through using the weekly totals
- Plan for slow and steady increases to the weekly totals to safely build your exercise plan

### Types of Activity /Exercise

**Activity**. Movement that is a part of your day but is not purposeful exercise. While important for health, it is not considered exercise.

**Cardio / Cardiovascular Exercise**. Repetitive activities that use large muscle groups to increase your heart rate and cardiovascular efficiency. Examples: fast walking, bicycling, swimming, aerobic classes. *Tip* – If you are breathing normally, it probably is not cardio!

**Strength / Resistance Training**. Exercising with resistance (body weight, tubing, weights, etc.) to build muscular strength and endurance.

**Flexibility / Stretching**. An often-overlooked component of exercise; important for injury prevention and ease of performing daily tasks.

**Other**: This category is for any exercise that does not fall into above categories (yoga classes, step counts, balance exercises, etc.).

**Rest / Recovery**: An often-overlooked part of a sustainable exercise plan.

EXAMPLE: Week of January 1 – 8								
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
Cardio	30 min walk		60 min Zumba		30 min bike	30 min walk		2 1/2 hours
Strength		Total Body		Lower Body		Upper Body		2 days Total Body
Flexibility	Total Body	Total Body	Lower Body		Total Body			4 days Total Body
Other		60 min Yoga		12,000 Steps			45 min yardwork	



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Cardio								
Strength								
Flexibility								
Other								
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