

Eat Smart, Move More...
Maintain, don't gain!



Weekly Physical Activity Log

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Maintain, don't gain!



Goal: Be physically active for at least 30 minutes most days of the week.

Week #: ___	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
Activities of the Day							
Daily Total Minutes of Activity							
Overall, how hard did I work? (light, moderate, high)							
Comments:							

Remember: The holidays are a busy time – don't feel bad if you can't set aside 30 minutes for activity each day. Instead, spread out being active over the course of the day. Making simple choices like taking the stairs or parking farther away will put you on the right track to meeting your daily goal!