

## Physical activity log

It can take time to reach physical activity goals. Using an activity log is a good way to measure your progress so you can see small improvements over time. This can help give you a sense of satisfaction, boost your confidence and keep you committed to regular activity.

Keeping a weekly log of activity is especially helpful if you're just starting out, or if you're setting goals and need to know what your current level of activity is.

### ***How to use a weekly activity log.***

- » Record your activity goals.
- » Record the type of activity you do and how long you're active. For example, record any physical activity that lasts at least 10 minutes, or the number of steps you take.
- » Record any notes on how the activity felt, what you noticed and things you learned.
- » Record any changes you'd like to make for the following week, if necessary. You may want to note what isn't working and anything that might help you to be active more regularly.



*trusted information  
at your fingertips.*

An important part of being healthy is exercising regularly and staying active. PAL (Physical Activity Line) is a phone line, website and physical activity resource designed to help you make wise choices about physical activity so you can enjoy life to its fullest. PAL is brought to you by the CSEP Health and Fitness Program of BC and the Public Health Agency of Canada. PAL is operated by university/college-trained exercise professionals.



# Physical activity log



## ***General recommendations for physical activity.***

Gradually build up the amount of activity you do. Aim to do 30-60 minutes of activity each day, which can be done all at once or in several 10-minute sessions. Use a pedometer (an instrument that counts the number of steps you take).

General recommendations are to take 10,000 steps per day. Gradually work up to this by adding 500 steps to your total each week. Keep going until you gradually reach 10,000 steps per day.

## ***One Week Physical Activity Log***

DATE	TYPE OF ACTIVITY	GOAL	MINUTES OF ACTIVITY OR NUMBER OF STEPS	NOTES
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
<b>WEEKLY TOTAL</b>				

## *Changes I will make for next week:*

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

*Here are some other sheets related to this topic:*

- Goal setting.*
- Physical activity contract.*
- Dealing with relapses.*
- Choosing an activity that's right for you.*
- Overcoming barriers.*
- Stages of changing behavior.*
- Health promotion strategies.*
- Measuring your effort during activity.*
- How to measure physical fitness.*

- How to get started.*
- How to stay active.*

### ***Here's where to get any or all of these sheets:***

tel: 1-877-725-1149  
email: [info@physicalactivityline.com](mailto:info@physicalactivityline.com)  
web: [www.physicalactivityline.com](http://www.physicalactivityline.com)

☛ *Here's the number to call if you have questions or want more information:*

***Physical Activity Line***  
1-877-725-1149

**The health information provided on this sheet is only a guide.** You also need to rely on your common sense and good judgment. If you receive advice from a doctor or health professional that doesn't agree with the information provided here, follow the advice of your doctor or health professional since it's based on your specific history and needs.