

My Physical Activity Log

Week _____ Month _____

MONDAY time of day / description of activity (type of intensity level) / duration

TUESDAY time of day / description of activity (type of intensity level) / duration

WEDNESDAY time of day / description of activity (type of intensity level) / duration

THURSDAY time of day / description of activity (type of intensity level) / duration

FRIDAY time of day / description of activity (type of intensity level) / duration

SATURDAY time of day / description of activity (type of intensity level) / duration

SUNDAY time of day / description of activity (type of intensity level) / duration



Learn more at https://www.cdc.gov/healthyweight/losing_weight/eating_habits.html

