

Physical Activity Log

***Intensity**
V=Vigorous M=Moderate L=Light

Week of 4/7 to 4/13

Week 1	Activity	Minutes	*Intensity	Comments
Monday	Walked	25	M	Walked at Lema Ranch - outside loop Felt great!
Tuesday				
Wednesday	Ran	30	V	Ran at Sacramento River Trail Gave me energy!
Thursday	Gardening	60	L	Worked outside in the garden Relaxing!
Friday				
Saturday				
Sunday				

Sample

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Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Eat five fruits and vegetables each day.

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Saturday				
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Park a little further from the store or post office.

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Add strength training to your routine on 2 days each week.

Stay Healthy & Active Tips

Stretch regularly and hold each stretch for 15-30 seconds.
Invite a friend to walk with you instead of joining you for lunch or coffee.
Drink 8 or more glasses of water each day.
Use canned food or bottled water as hand weights.
Choose low fat dairy products, salmon, and broccoli for extra calcium.
Walk or ride a bike next time you visit a friend or run errands.
Turn up the radio and dance.
Replace one TV show with a walk or other physical activity.
Protect yourself from the sun with a hat, sunscreen, and sunglasses.
Stretch after exercise while your muscles are warm to increase flexibility and prevent stiffness.
Walk or bike to replace your next car trip of over half of a mile.
Try a new activity this week to add variety.
Increase the frequency, time or intensity of your activity.
Carry a water bottle and drink before you get thirsty.
Wear reflective clothing, stickers, or lights when walking in the dark.
Sign up for a fundraising walk.
Reward yourself – you're doing a great job!
Try dried fruits, nuts, or yogurt for a snack instead of a candy bar or doughnut.
If you smoke, plan a quit date.
Eat a healthy diet high in fiber and low in fat to prevent colorectal cancer.
Lift weights or stretch while you watch your favorite TV show.
Purchase a pedometer with a step counting feature.
Challenge yourself to work up to walking 10,000 steps a day!