

## Physical Activity Log

<b>Weekly Goal:</b>	To walk 3 miles, 2 times this week				<b>Date:3/22/12-3/28/12</b>	
					<b>Week 1/ 10</b>	
<b>10 Week Goal:</b>	To walk 3 miles, 5 times per week					
	<i>Activity Type</i>	<i>Minutes of activity/day</i>	<i>Resting Heart Rate</i>	<i>Active Heart Rate</i>	<i>Blood Pressure **If available</i>	<i>Calories burned per Activity</i>
<b>Sunday</b>	Walked on trail - 15 min/mile	30 min total	65 bpm	120 bpm	120/60	200
<b>Monday</b>	OFF					
<b>Tuesday</b>	Walked in foothills - 13 min/mile	45 minutes	68 bpm	125 bpm		300
<b>Wednesday</b>	OFF					
<b>Thursday</b>	Walked in foothills - 13 min/mile	45 minutes	68 bpm	125 bpm		300
<b>Friday</b>	OFF					
<b>Saturday</b>	Walked in foothills - 13 min/mile	45 minutes	68 bpm	125 bpm		300
<b>Weight-wkly</b>	165 #					

**Comments/Concerns:**     No pain with walking, stretching after each walk.



# Physical Activity Log

				Name: _____		
Weekly Goal: _____				Date: _____		
				Week	/ 16	
16 Week Goal: _____						
		<i>Minutes of activity/day</i>	<i>Resting Heart Rate</i>	<i>Active Heart Rate</i>	<i>Blood Pressure **If available</i>	<i>Calories burned per Activity</i>
	<i>Activity Type</i>					
<b>Thursday</b>						
<b>Friday</b>						
<b>Saturday</b>						
<b>Sunday</b>						
<b>Monday</b>						
<b>Tuesday</b>						
<b>Wednesday</b>						
<b>Weight-wkly</b>						
<b>Comments/Concerns:</b> _____						