

# Physical Activity Log

Healthy Lifestyles Program (HeLP) - Children's Mercy Family Health Partners



## How much physical activity do I need to do?

This chart helps you track your physical activity progress. It is important to include both aerobic activities and strength-training activities.

## My aerobic activities this week

My goal is to do aerobic activities for a total of \_\_\_\_\_ hours and \_\_\_\_\_ minutes this week.

	Week 1: What I Did	Effort	Total hours or minutes
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

This is the total number of hours or minutes I did these activities this week:

## My strengthening activities this week

My goal is to do strengthening activities for a total of \_\_\_\_\_ days this week.

	Week 1: What I Did	Effort	Total hours or minutes
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

This is the total number of hours or minutes I did these activities this week:

# Physical Activity Log

Healthy Lifestyles Program (HeLP) - Children's Mercy Family Health Partners



## My aerobic activities this week

My goal is to do aerobic activities for a total of \_\_\_\_\_ hours and \_\_\_\_\_ minutes this week.

	Week 2: What I Did	Effort	Total hours or minutes
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

This is the total number of hours or minutes I did these activities this week:

## My strengthening activities this week

My goal is to do strengthening activities for a total of \_\_\_\_\_ days this week.

	Week 2: What I Did	Effort	Total hours or minutes
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

This is the total number of hours or minutes I did these activities this week:

## Notes:

---



---



Customer Service: **1-800-347-9363 MO; 1-877-347-9363 KS**  
Nurse Advice Line: **1-800-347-9369 24 hours a day**

*This information is educational in nature and can be used as guide. However, it is not intended to replace a doctor's medical direction. If you have questions or concerns, talk to your doctor or healthcare provider.*

**Children's Mercy Hospitals and Clinics, Departments of Health Management & Nutrition Services, Healthy Lifestyle Team**

revised 02/2010 approved MO 04/13/2010 KS 03/30/2010