Physical Activity Chart

Complete the chart below by writing down the physical activities you usually do, during the week and weekends. These might range from walking, biking and gardening to swimming or aerobics class.

Think about three aspects of activity:

1. How long? (time spent)
2. How often? (how many days each week)
3. How hard? (easy, moderate, difficult)

Activity Description	Intensity E-M-D	Monday Time	Tuesday Time	Wednesday Time	Thursday Time	Friday Time	Saturday Time	Sunday Time
	Total Time							

Exercise intensity guideline

EASY (E)	MODERATE (M)	DIFFICULT (D)
Volleyball	Dancing	Skating
Weight lifting (light to moderate)	Basketball	Circuit training
Walking (20min per mi.)	Softball	Swimming
Raking leaves	Aerobics	Running (10min. Per mi.)
Housework	Stair climbing	Jogging (12min. Per. Mi.)
Golf	Tennis	
	Skiing	
	Cycling	