

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

Exercise intensity guideline

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