



Physical Activity Log

Use this log to record the number of minutes you are physically active and/or the number of steps you take each day. The following guidelines can help you begin and maintain a physical activity program.

- Start slowly and build up gradually. You can do 30 to 60 minutes of activity all at once or add up 10-minute sessions over the course of each day.
- Counting your steps using your pedometer. The following information lists averages for different groups. Active adults: 7,000–13,000 steps per day; Active older adults: 6,000–8,500 steps per day; Inactive adults: 3,500–5,500 steps/day. We suggest that you gradually increase your steps by an additional 2,500–3,000 steps/day.
- Remember to try to include activities from each of the three main categories of physical activity: endurance, flexibility, and strength. Refer to **Canada's Physical Activity Guide to Healthy Active Living** for more information.
- Place a checkmark (✓) in the appropriate box for every 10 minutes of activity. If you are using a pedometer and counting steps, record your daily total in the Total Steps column.

		Endurance						Strength						Flexibility						Total Minutes		Total Steps	
Week #	M																						
	T																						
	W																						
	T																						
	F																						
	S																						
	S																						
		Weekly Totals																					