Weekly Activity Log

Keeping an activity log is a good way to track your activity levels. You can use this information to see how your current activity levels compare to any goals you have set, or to consider how you could make some changes. Tracking your activity levels over a longer period of time is a good way to see how they have improved. The template below is designed to help you do this.

Day	What?	Type of activity	Time
Example	Brisk walking	Aerobic	30 minutes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
		TOTAL	