Heart and Stroke Foundation
Physical Activity Log

Being at least moderately physically active for 30 to 60 minutes, most days of the week, will reduce your risk of high blood pressure, heart disease, stroke, high cholesterol and diabetes. Regular physical activity will also help to control your weight and relieve stress.

Print out the Physical Activity Log and use it to keep track of your activity. Post it where you will see it frequently (e.g. in your room or on your fridge). Remember, the keys to improving your level of health and fitness are to slowly increase the:

- frequency of your activity (how many times a week) and/or
- length of time you are active and/or
- the effort or intensity of your activity.

Other important things to remember:

- Listen to your body. Don't push yourself to the point of pain or exhaustion.
- Vary the intensity (effort) at which you work from day to day.
- Do a variety of different activities to reduce boredom and the risk of injury. For example, walk one day, swim the next and bike the third.

If you have any questions or concerns about your activity program, take your log and show it to your teacher.

Date	Type of Exercise/Activity	Effort (High, Moderate or Light)	Total Minutes	How I Felt

Downloaded from http://www.tidyforms.com

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