

Activity log

Use this log to track your minutes of physical activity each day. **Remember your goal is 150 minutes of activity at a moderate pace.** If you'd like, you can also track more details about your activity, such as what activity you did, how far you went, how fast you went, how heavy your weights were, how many steps you took, and how many calories you burned.

Share this log with your Lifestyle Coach at the start of each session.

| Date | Minutes | Activity | Pace |
|---------------|---------|--|--|
| Monday | | | <input type="checkbox"/> Easy <input type="checkbox"/> Moderate <input type="checkbox"/> Hard |
| Tuesday | | | <input type="checkbox"/> Easy <input type="checkbox"/> Moderate <input type="checkbox"/> Hard |
| Wednesday | | | <input type="checkbox"/> Easy <input type="checkbox"/> Moderate <input type="checkbox"/> Hard |
| Thursday | | | <input type="checkbox"/> Easy <input type="checkbox"/> Moderate <input type="checkbox"/> Hard |
| Friday | | | <input type="checkbox"/> Easy <input type="checkbox"/> Moderate <input type="checkbox"/> Hard |
| Saturday | | | <input type="checkbox"/> Easy <input type="checkbox"/> Moderate <input type="checkbox"/> Hard |
| Sunday | | | <input type="checkbox"/> Easy <input type="checkbox"/> Moderate <input type="checkbox"/> Hard |
| Total Minutes | | Weekly Reflection: Write about your wins and challenges for this week. | |