

My Physical Activity Tracker

For the week of _____

MY GOAL FOR THIS WEEK IS:	CARDIO: 30 minutes moderate intensity activity most days of the week	STRENGTH TRAINING: at least 2 days a week
MONDAY. Notes to myself:	<input type="checkbox"/> Today's Goal _____ My Activities:	<input type="checkbox"/> Today's Goal _____ My Activities:
TUESDAY. Notes to myself:	<input type="checkbox"/> Today's Goal _____ My Activities:	<input type="checkbox"/> Today's Goal _____ My Activities:
WEDNESDAY. Notes to myself:	<input type="checkbox"/> Today's Goal _____ My Activities:	<input type="checkbox"/> Today's Goal _____ My Activities:
THURSDAY. Notes to myself:	<input type="checkbox"/> Today's Goal _____ My Activities:	<input type="checkbox"/> Today's Goal _____ My Activities:
FRIDAY. Notes to myself:	<input type="checkbox"/> Today's Goal _____ My Activities:	<input type="checkbox"/> Today's Goal _____ My Activities:
SATURDAY. Notes to myself:	<input type="checkbox"/> Today's Goal _____ My Activities:	<input type="checkbox"/> Today's Goal _____ My Activities:
SUNDAY. Notes to myself:	<input type="checkbox"/> Today's Goal _____ My Activities:	<input type="checkbox"/> Today's Goal _____ My Activities:
<p>CARDIO: Moderate Physical Activity—You feel your heart beat faster and you breathe faster too.</p> <p>STRENGTH TRAINING: Sometimes called resistance exercises—Work your muscles against resistance using weights or gravity (for example, push-ups). Try 6-8 strength-training exercises of 8–12 repetitions of each exercise.</p>		

To track your physical activity online, visit www.presidentschallenge.org.

StepItUp**AZ**.com



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