



Weekly Physical Activity Log

This tool is intended to help you to keep track of your daily physical activity, and how you feel throughout the day. For each day of the week, there is space to record up to three different activities. Write down the number of minutes and the level of intensity of each activity, and make notes about how you felt before and after the activity as indicated.

| Day / Date | Type of Exercise/ Activity | Number of minutes | Intensity level: Low/ Moderate/High | Comments: Energy level, mood, symptoms before vs. after activity |
|---------------|-------------------------------|-------------------------|---|--|
| Sun/ 5/3 | Walked w/friends | 60 | Med | Really tired when we finished, but felt proud of making the effort. |
| Mon/ 5/4 | Walked dog | 20 | Low | Nice day, felt good |
| | Walked dog | 20 | Low | End of day - feeling tired; felt better after the walk |
| Tues/ 5/5 | Walked dog | 20 | Low | OK; slight headache after (maybe from bright sun) |
| | Yoga class | 45 | Low | Really stressed before class; much better after |
| Wed/ 5/6 | Walked dog | 20 | Low | OK |
| Thurs/ 5/7 | Walked dog | 20 | Low | Can't wake up this morning! |
| | Washed car | 20 | Med | Felt good to accomplish something |
| Fri/ 5/8 | Walked dog | 20 | Low | OK/ rushed |
| Sat/ 5/9 | Walked dog | 20 | Low | great |
| | Housework | 60 | Low/med | Feeling distracted and blue |
| | Shopping/mall | 60 | Low | Tired, kind of down on myself |

For More Information