

WEEKLY PHYSICAL ACTIVITY CHART

NAME: _____ WEEK STARTING: _____

DAY	ACTIVITY DESCRIPTION	DURATION (MIN)	INTENSITY	COMPLETED
Monday			L / M / V	<input type="checkbox"/>
Tuesday			L / M / V	<input type="checkbox"/>
Wednesday			L / M / V	<input type="checkbox"/>
Thursday			L / M / V	<input type="checkbox"/>
Friday			L / M / V	<input type="checkbox"/>
Saturday			L / M / V	<input type="checkbox"/>
Sunday			L / M / V	<input type="checkbox"/>

TOTAL MINUTES
STRENGTH SESSIONS (0/2)
WEEKLY GOAL MET?

YES NO

Intensity Legend: L = Light (Easy breath), M = Moderate (Fast heart rate, can talk), V = Vigorous (Hard breath, cannot talk)