

Physical Activity Planner and Diary

Record your minutes of activity or steps in the appropriate column. Record any physical activity that lasts at least 10 minutes and is of at least moderate intensity (equivalent to walking a mile in 15–20 minutes).

Day	Date	Daily Activity Goal	Minutes of Activity or Number of Steps	Notes
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Total Minutes of Activity or Steps				