

DAILY ACTIVITY LOG

Day	Type of Exercise	Time	Intensity	Other Activity	Time	Intensity	Work	Daily Totals
	Walking, jogging, skiing, canoeing, hiking, swimming, aerobics, boxing, training, core class etc...	Indicate the time spent for each training activity	Score High=3 Med= 2 Low= 1 for each 15 minutes	Walking to work, bowling, gardening etc...	Indicate the time spent for each training activity	Score High=3 Med= 2 Low= 1 for each 15 minutes	Job or Daily routine Sedentary=2 Semi-sed=4 Semi-active=6 Active=8	Desirable >=8 Acceptable =5 Improvement <=4
Mon. am.								
Mon. pm.								
Tues. am.								
Tues. pm.								
Wed. am.								
Wed. pm.								
Thurs. am.								
Thurs. pm.								
Friday am.								
Friday pm.								
Sat. am.								
Sat. pm.								
Sun. am.								
Sun. pm.								

Weekly Total