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:	☐**Today's Goal** My Activities:	☐**Today's Goal** My Activities:
Tuesday Notes to myself:	☐**Today's Goal** My Activities:	☐**Today's Goal** My Activities:
Wednesday Notes to myself:	☐**Today's Goal** My Activities:	☐**Today's Goal** My Activities:
Thursday Notes to myself:	☐**Today's Goal** My Activities:	☐**Today's Goal** My Activities:
Friday Notes to myself:	☐**Today's Goal** My Activities:	☐**Today's Goal** My Activities:
Saturday Notes to myself:	☐**Today's Goal** My Activities:	☐**Today's Goal** My Activities:
Sunday Notes to myself:	☐**Today's Goal** My Activities:	☐**Today's Goal** My Activities:

Cardio or Aerobic: Moderate Physical Activity—You feel your heart beat faster and you breathe faster too.

Strength Training: Sometimes called resistance exercises—You 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.

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

http://www.cdc.gov/nccdphp/dnpa/