

## 2019-2020 WOW! Physical Activity Log



Month: \_\_\_\_\_ Name: \_\_\_\_\_

To get the health benefits of physical activity, include activities that make you breathe harder and make your heart and blood vessels healthier. These aerobic activities include things like brisk walking, running, dancing, swimming, and playing basketball. Also include strengthening activities to make your muscles stronger, like push-ups and lifting weights.

Weekly Goal: (CDC guidelines) 150 minutes of moderate aerobic activity or 75 minutes of vigorous, or equivalent mix. Plus 2 days with major muscle group strengthening activities.

Return completed form to District Office, Attention: WellOnaWay! Deadline for 2 months of activities: May 15, 2020.

Week 1	10 min	20 min	30 min	40 min	50 min	60 min plus	Type of Activities
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							
<b>Total</b>							<b>Total Time:</b>

Week 2	10 min	20 min	30 min	40 min	50 min	60 min plus	Type of Activities
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							
<b>Total</b>							<b>Total Time:</b>

Week 3	10 min	20 min	30 min	40 min	50 min	60 min plus	Type of Activities
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							
<b>Total</b>							<b>Total Time:</b>

Week 4	10 min	20 min	30 min	40 min	50 min	60 min plus	Type of Activities
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							
<b>Total</b>							<b>Total Time:</b>