

2020-2021 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 14, 2021.

| 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 | | | | | | | |
| Total | | | | | | | Total Time: |

| 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 | | | | | | | |
| Total | | | | | | | Total Time: |

| 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 | | | | | | | |
| Total | | | | | | | Total Time: |

| 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 | | | | | | | |
| Total | | | | | | | Total Time: |