



# MY PHYSICAL ACTIVITY TRACKER

## DAILY PHYSICAL ACTIVITY GOALS:

- 60 minutes of moderate physical activity.
- 10,000 steps

Record the number of minutes that you participate in moderate or vigorous physical activity each day.  
Mark what type(s) of activity you participated in during that time.

name

date / /

DAY	BEFORE SCHOOL	DURING SCHOOL	AFTER SCHOOL	TOTAL MINUTES AND/OR STEPS	<b>WHAT IS MODERATE OR VIGOROUS PHYSICAL ACTIVITY?</b>  On a scale of 0 to 10, where sitting is a 0 and the highest level of activity is a 10, moderate-intensity activity is a 5 or 6. When you do moderate-intensity activity, your heart will beat faster than normal and you will breathe harder than normal--you can talk, but not sing, during the activity. Vigorous-intensity activity is a level 7 or 8. When you do vigorous-intensity activity, your heart will beat much faster than normal and you will breathe much harder than normal. If you're doing vigorous-intensity activity, you will not be able to say more than a few words without pausing for a breath.
DAY 1	<input type="checkbox"/> MINUTES Type of Activity <input type="checkbox"/> Muscle & Bone Strengthening <input type="checkbox"/> Heart Health: Cardiorespiratory Endurance <input type="checkbox"/> Flexibility	<input type="checkbox"/> MINUTES Type of Activity <input type="checkbox"/> Muscle & Bone Strengthening <input type="checkbox"/> Heart Health: Cardiorespiratory Endurance <input type="checkbox"/> Flexibility	<input type="checkbox"/> MINUTES Type of Activity <input type="checkbox"/> Muscle & Bone Strengthening <input type="checkbox"/> Heart Health: Cardiorespiratory Endurance <input type="checkbox"/> Flexibility	<input type="checkbox"/> MINUTES  <input type="checkbox"/> STEPS	
DAY 2	<input type="checkbox"/> MINUTES Type of Activity <input type="checkbox"/> Muscle & Bone Strengthening <input type="checkbox"/> Heart Health: Cardiorespiratory Endurance <input type="checkbox"/> Flexibility	<input type="checkbox"/> MINUTES Type of Activity <input type="checkbox"/> Muscle & Bone Strengthening <input type="checkbox"/> Heart Health: Cardiorespiratory Endurance <input type="checkbox"/> Flexibility	<input type="checkbox"/> MINUTES Type of Activity <input type="checkbox"/> Muscle & Bone Strengthening <input type="checkbox"/> Heart Health: Cardiorespiratory Endurance <input type="checkbox"/> Flexibility	<input type="checkbox"/> MINUTES  <input type="checkbox"/> STEPS	
DAY 3	<input type="checkbox"/> MINUTES Type of Activity <input type="checkbox"/> Muscle & Bone Strengthening <input type="checkbox"/> Heart Health: Cardiorespiratory Endurance <input type="checkbox"/> Flexibility	<input type="checkbox"/> MINUTES Type of Activity <input type="checkbox"/> Muscle & Bone Strengthening <input type="checkbox"/> Heart Health: Cardiorespiratory Endurance <input type="checkbox"/> Flexibility	<input type="checkbox"/> MINUTES Type of Activity <input type="checkbox"/> Muscle & Bone Strengthening <input type="checkbox"/> Heart Health: Cardiorespiratory Endurance <input type="checkbox"/> Flexibility	<input type="checkbox"/> MINUTES  <input type="checkbox"/> STEPS	
DAY 4	<input type="checkbox"/> MINUTES Type of Activity <input type="checkbox"/> Muscle & Bone Strengthening <input type="checkbox"/> Heart Health: Cardiorespiratory Endurance <input type="checkbox"/> Flexibility	<input type="checkbox"/> MINUTES Type of Activity <input type="checkbox"/> Muscle & Bone Strengthening <input type="checkbox"/> Heart Health: Cardiorespiratory Endurance <input type="checkbox"/> Flexibility	<input type="checkbox"/> MINUTES Type of Activity <input type="checkbox"/> Muscle & Bone Strengthening <input type="checkbox"/> Heart Health: Cardiorespiratory Endurance <input type="checkbox"/> Flexibility	<input type="checkbox"/> MINUTES  <input type="checkbox"/> STEPS	
DAY 5	<input type="checkbox"/> MINUTES Type of Activity <input type="checkbox"/> Muscle & Bone Strengthening <input type="checkbox"/> Heart Health: Cardiorespiratory Endurance <input type="checkbox"/> Flexibility	<input type="checkbox"/> MINUTES Type of Activity <input type="checkbox"/> Muscle & Bone Strengthening <input type="checkbox"/> Heart Health: Cardiorespiratory Endurance <input type="checkbox"/> Flexibility	<input type="checkbox"/> MINUTES Type of Activity <input type="checkbox"/> Muscle & Bone Strengthening <input type="checkbox"/> Heart Health: Cardiorespiratory Endurance <input type="checkbox"/> Flexibility	<input type="checkbox"/> MINUTES  <input type="checkbox"/> STEPS	