

# APPENDIX 6: PHYSICAL ACTIVITY LOG

Use this log to keep track of your physical activity, especially your aerobic exercise. For the tracking column, you can write in anything that helps you monitor your progress. For example, it can be the steps per day, your speed on your exercise equipment, the number of laps at the pool, etc. You should add up your minutes of exercise for the week.

Week ____	Date	Activity/location	Minutes	Tracking	RPE	Heart rate
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						
<b>Total</b>						

Week ____	Date	Activity/location	Minutes	Tracking	RPE	Heart rate
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						
<b>Total</b>						

Week ____	Date	Activity/location	Minutes	Tracking	RPE	Heart rate
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Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						
<b>Total</b>						

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