

Activity Log

Keeping track of your activities each day is a key tool to managing your weight. List not only planned exercise but other activities such as casual walks, games with your friends or loved ones, gardening, or taking the stairs instead of the elevator at work or the mall.

	Aerobic Exercise (minutes)	Resistance Training (minutes)	Other Activity (e.g., walking, climbing stairs)
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			

