

Handout 14

Add it up!

Use this form to keep track of your daily physical activity. Simply record the minutes spent on each activity every day. Use this over time to monitor your progress.

Date:	
Activity	Minutes
Morning stretches	
Housework	
Climbing stairs	
Walking <input type="checkbox"/> to/from bus stop <input type="checkbox"/> to do errands <input type="checkbox"/> at mall <input type="checkbox"/> for pleasure <input type="checkbox"/> other: (example: walking the dog)	
Strength exercise while watching TV	
Other activities	
Total	

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