

WEEKLY ACTIVITY TRACKER

WEEK OF

This activity log includes time of day, activity type, duration & rating of exertion. Pedometers are another great option to track activity, especially if your current or planned activity consists of mostly walking. A pedometer will provide you with a daily summary of the number of steps you took in a day. Highly recommend using a fitness tracker or pedometer to help track activity.

	TIME OF DAY ACTIVITY	DURATION	LEVEL OF EXERTION
M			
T			
W			
TH			
F			
S			