



# PHYSICAL ACTIVITY TRACKER

### EVERY WEEK YOU SHOULD AIM TO DO:

- 150 to 300 minutes of moderate intensity physical activity or 75 to 150 minutes of vigorous intensity physical activity (or a mix of both)
- Muscle strengthening activities on at least 2 days each week

DAY	AM	PM	TOTAL
SUNDAY			
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			

NOTES:

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WEEKLY TOTAL