

Name: \_\_\_\_\_

Class: \_\_\_\_\_ Month: \_\_\_\_\_

## Monthly Activity Log

**Directions:** Record the date and your total number of minutes of physical activity or steps (using a pedometer) each day of the month. If you know you achieved Moderate to Physical Activity (MVPA) for the day, fill in the star (☆). My daily steps/minutes goal for this month is \_\_\_\_\_.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Minutes or Steps per Week
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Steps	Steps	Steps	Steps	Steps	Steps	Steps	Steps
<input type="checkbox"/> ☆	<input type="checkbox"/> ☆	<input type="checkbox"/> ☆	<input type="checkbox"/> ☆	<input type="checkbox"/> ☆	<input type="checkbox"/> ☆	<input type="checkbox"/> ☆	<input type="checkbox"/> ☆
Minutes	Minutes	Minutes	Minutes	Minutes	Minutes	Minutes	Minutes
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Steps	Steps	Steps	Steps	Steps	Steps	Steps	Steps
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Minutes	Minutes	Minutes	Minutes	Minutes	Minutes	Minutes	Minutes
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Steps	Steps	Steps	Steps	Steps	Steps	Steps	Steps
<input type="checkbox"/> ☆	<input type="checkbox"/> ☆	<input type="checkbox"/> ☆	<input type="checkbox"/> ☆	<input type="checkbox"/> ☆	<input type="checkbox"/> ☆	<input type="checkbox"/> ☆	<input type="checkbox"/> ☆
Minutes	Minutes	Minutes	Minutes	Minutes	Minutes	Minutes	Minutes
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Steps	Steps	Steps	Steps	Steps	Steps	Steps	Steps
<input type="checkbox"/> ☆	<input type="checkbox"/> ☆	<input type="checkbox"/> ☆	<input type="checkbox"/> ☆	<input type="checkbox"/> ☆	<input type="checkbox"/> ☆	<input type="checkbox"/> ☆	<input type="checkbox"/> ☆
Minutes	Minutes	Minutes	Minutes	Minutes	Minutes	Minutes	Minutes

### 10K a day is the only way!

Monthly Total: \_\_\_\_\_

Children and adolescents need 60 minutes or more of physical activity – a combination of moderate-intensity aerobic activity (brisk walking) and vigorous-intensity activity (running) – each day. Activities that increase the heart rate making conversations difficult while moving are considered to be moderate to vigorous physical activities. Incorporate vigorous-intensity activity at least three days per week. Another way for you to determine if you are getting the U.S. Surgeon General’s recommendation for daily physical activity is to strive for at least 10,000 steps a day!

<sup>1</sup>American Dietetic Association (2010). Position of the American Dietetic Association: Local Support for Nutrition Integrity in Schools, 110, 1244-1254. <sup>2</sup>Wansink, B. & Dyson, J.S. (2010). From mindless eating to mindless eating better. Physiology & Behavior, 100(5), 454-463. © 2012 The Cooper Institute.