

DAILY ROUTINE TRACKER | YOUR EXERCISE AND PHYSICAL ACTIVITY HABITS

Aim to check off at least one type of physical activity every day.

TYPE OF PHYS	ICAL ACTIVITY	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Moderate-inter	nsity "cardio"							
Vigorous-inten	sity "cardio"							
Strength trainir	ng							
General physic	al activity							

HOW MUCH ACTIVITY DO I NEED EVERY WEEK?



Aim for at least 150 minutes of moderateintensity or 75 minutes of vigorous-intensity cardio, weekly; and, 2 days a week of muscle-strengthening activity. Doing more provides more health benefits.

WHAT IS "CARDIO"?



Aerobic exercise is often referred to as "cardio" exercise. This type of exercise gets your heart rate and breathing rate up and often ends with "ing." Examples include walking, swimming, cycling, running and playing tennis.



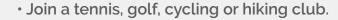
Walking is the most popular form of exercise. Lace up your shoes. Grab a buddy. Play some tunes. Get started today!

LOOKING FOR INSPIRATION?



- Play music when you workout.
- Try dance (hip-hop, ballroom, square, jazz and more!)
- · Channel your inner child and play games.





- Join a gym or a yoga or dance studio.
- Try coaching or officiating a sport you love.



WHAT COUNTS AS STRENGTH TRAINING?



Muscle strengthening exercise is often referred to as strength training. When you perform exercises that make your muscles work harder than usual, you're participating in strength training.

WHAT COUNTS AS GENERAL PHYSICAL ACTIVITY?



Any physical activity is better than sitting. For the purpose of this tracker, keep track of all physical activity you do that you don't count as "cardio" or strength training. It can be at a light, moderate or vigorous pace.

TIP: TAKE THE "TALK TEST" TO DETERMINE THE INTENSITY OF YOUR EXERCISE.



· If you're breathing hard and can talk (but not sing) easily, it's moderate-intensity activity.



· If you can only say a few words before you have to take a breath, it's vigorous-intensity activity.

