

# Exercise Journal

Part of living a healthy life is increasing movement. Try keeping track of your daily exercise for a week to see what physical activities you completed.

DAY	M	T	W	Th	F	Sa	Su	Total Time
Moderate Intensity Aerobic Activity								
Vigorous Intensity Aerobic Activity								
Muscle-Strengthening Activities								
Bone-Strengthening Activities								



## HOW DID YOU DO?

Give yourself a pat on the back if you participate in at least 60 min of physical activity a day. If you aren't quite there that is OK!

Find an exercise buddy to help you along the way. Go on walks/runs together. Challenge a classmate/friend to a daily step challenge. Who will be the first to reach 5,000 steps?

Remember it is important to be active every day for one hour, no matter the activity.

