



# ACTIVITY PLAN & LOG

Use this worksheet to record how many minutes of scheduled activity you got today. (If you are using a pedometer, record the number of steps you took.) Consider this your baseline. Plan to use this worksheet to monitor your physical activity goals and progress over the next two weeks.



	Goal Steps/Minutes	Actual Steps/ Minutes	Comments
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			