

Track Your Activities

ENDURANCE DAILY RECORD

You can use this form to record your endurance activities. Try to build up to at least 30 minutes of moderate-intensity endurance activity on most or all days of the week. Every day is best.

TIP: Be creative! Try different activities on different days of the week and don't forget to challenge yourself.

Week of _____

EXERCISE	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Endurance Activity 1							
How Long Did You Do It?							
Endurance Activity 2							
How Long Did You Do It?							
Endurance Activity 3							
How Long Did You Do It?							

EXERCISE	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Number of Steps							