



Physical Activity/Pedometer Log



WEEKLY GOAL: _____

DATE: _____

| | Activity Goal | Steps taken using a pedometer | Type of Physical Activity | Activity Time in Minutes | Goal Met Y/N |
|-----------|---------------|-------------------------------|---------------------------|--------------------------|--------------|
| Sunday | | | | | |
| Monday | | | | | |
| Tuesday | | | | | |
| Wednesday | | | | | |
| Thursday | | | | | |
| Friday | | | | | |
| Saturday | | | | | |

Record all physical activity along with the steps taken each day if using a pedometer. Record how long you were active and for how long you planned to be active. Record Y (yes) or N (no) if you met your daily goal. Share this information with your *MOVE!* healthcare team, and use it to set future goals.