

ACTIVITY LOG

	SUN	MON	TUE	WED	THU	FRI	SAT
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							
Week 6							
Week 7							
Week 8							
Week 9							
Week 10							
Week 11							
Week 12							
Week 13							
Week 14							
Week 15							
Week 16							
Week 17							

ACTIVITY RECOMMENDATIONS

Currently active 0-10 minutes per day

Weeks 1-4: 10 minutes per day 3 times a week
Weeks 5-8: 10-20 minutes per day 3 times a week
Weeks 9-26: 20-30 minutes per day 3 times a week
Maintain: 30-60 minutes per day at least 3 times a week

Currently active 10-20 minutes per day

Weeks 1-4: 20 minutes per day 3 times a week
Weeks 5-8: 20-30 minutes per day 3 times a week
Weeks 9-26: 30-40 minutes per day 3 times a week
Maintain: 40-60 minutes per day at least 3 times a week

Currently active 20-30 minutes per day

Weeks 1-4: 30 minutes per day 3 times a week
Weeks 5-8: 30-40 minutes per day 3 times a week
Weeks 9-26: 40-50 minutes per day 3 times a week
Maintain: 50-60 minutes per day at least 3 times a week

Currently active 30-40 minutes per day

Weeks 1-4: 40 minutes per day 3 times a week
Weeks 5-26: 40-50 minutes per day 3 times a week
Maintain: 50-60 minutes per day 3-5 times a week

Currently active 40-50 minutes per day

Weeks 1-4: 50 minutes per day 3 times a week
Weeks 5-26: 50 minutes per day 3-5 times a week
Maintain: 50-60 minutes 3-5 times a week

Currently active 50-60 minutes per day

Maintain: 50-60+ minutes a day 3-5 times per week



Log your activity on-line at www.energizeecc.com

CONGRATULATIONS ON COMPLETING 17 WEEKS OF REGULAR PHYSICAL ACTIVITY!

You've made a significant lifestyle change that will benefit you for years to come.

Print another Activity Log at www.energizeecc.com and continue to track your progress every day.