

Fit Feet Exercise Log

Keep track of your physical activities and stay motivated!

Day: (Ex: Monday: 1/2/2012)	Goal (Ex: Walk for 20 min)	Type of Exercise (Ex: walking, gardening...)	Duration of Exercise (Ex: 20 minutes)	Intensity Level (Ex: Moderate)	Goal Met? (Ex: Yes/No)
Monday:					
Tuesday:					
Wednesday:					
Thursday:					
Friday:					
Saturday:					
Sunday:					

Intensity Levels:

- Light: No change in breathing and no sweating; can carry a conversation and sing
- Moderate: Slightly out of breath and sweating; can carry on a conversation
- High: Breathing deep and rapidly, sweating; unable to hold a conversation