

SENIOR FITNESS

Activity Log



For a couple of weekdays and a weekend, write down how much time you are physically active (for example, walking, gardening, playing a sport, dancing, lifting weights). The goal is to find ways to increase your activity.

Weekday 1

Activity	Number of Minutes	Ways to Increase Activity

Total Minutes:

Goal-Setting Worksheet

Your success depends on setting goals that really matter to you. Write down your goals, put them where you can see them, and renew them regularly.

Short-term Goals

Write down at least two of your own personal short-term goals. What will you do over the next week or two that will help you make physical activity a regular part of your life?

1. _____
2. _____
3. _____