

# Find Your Starting Point

## 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.

|           | ACTIVITY | NUMBER OF MINUTES | WAYS TO INCREASE ACTIVITY |
|-----------|----------|-------------------|---------------------------|
| WEEKDAY 1 |          |                   |                           |
|           |          |                   |                           |
|           |          |                   |                           |

Total Minutes \_\_\_\_\_

|           | ACTIVITY | NUMBER OF MINUTES | WAYS TO INCREASE ACTIVITY |
|-----------|----------|-------------------|---------------------------|
| WEEKDAY 2 |          |                   |                           |
|           |          |                   |                           |
|           |          |                   |                           |

Total Minutes \_\_\_\_\_

|         | ACTIVITY | NUMBER OF MINUTES | WAYS TO INCREASE ACTIVITY |
|---------|----------|-------------------|---------------------------|
| WEEKEND |          |                   |                           |
|         |          |                   |                           |
|         |          |                   |                           |

Total Minutes \_\_\_\_\_



National Institute on Aging

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