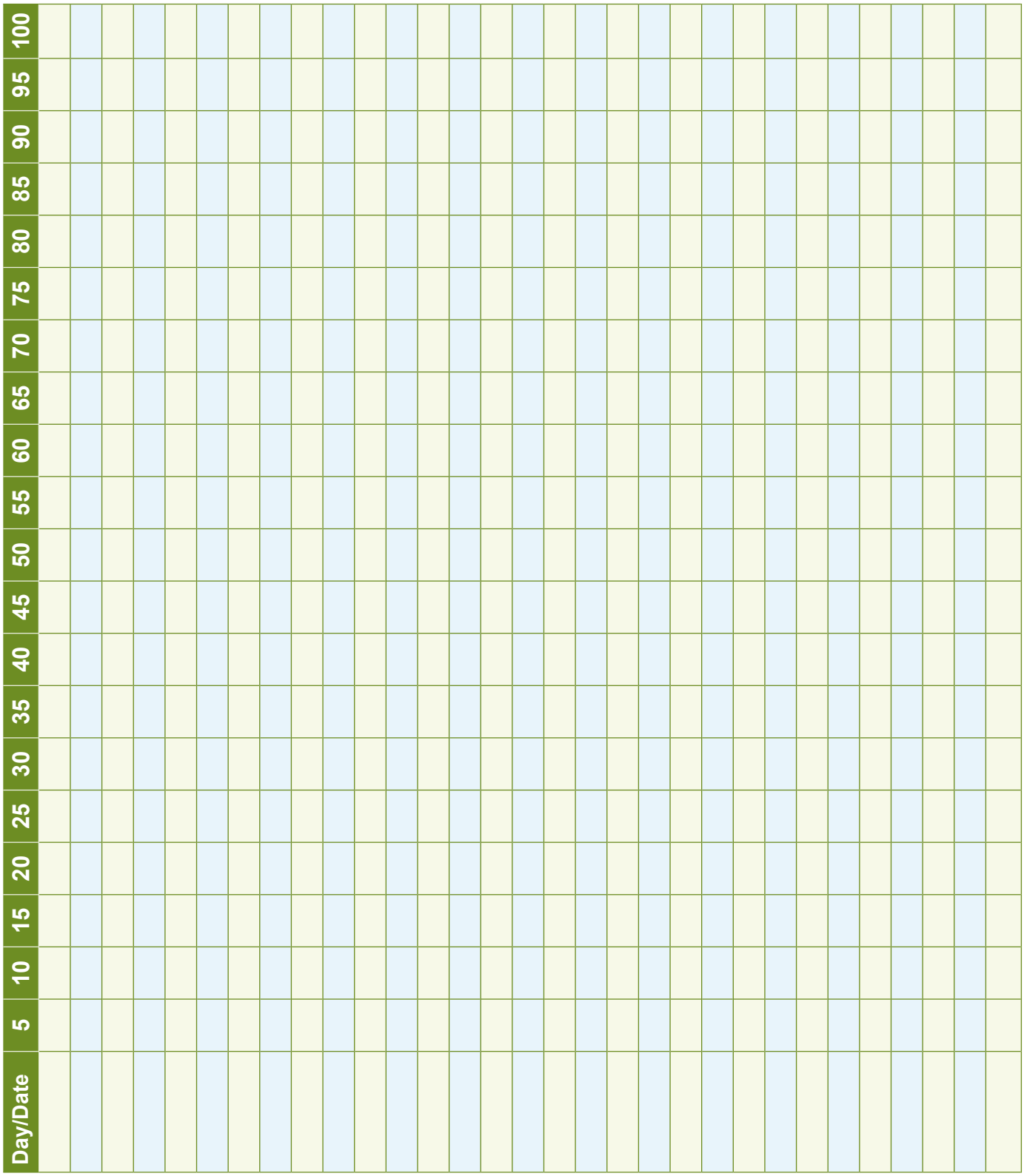
KAISER PERMANENTE®

# Physical Activity Log for the Month Of _____

Record your daily physical activity below. Write in the day of the week and date in the left column. Then, color in one square to the right of the date for each 5 minutes of exercise you do. You can make your graph more interesting by color coding activities. For example: use blue for walking, green for biking, and red for swimming.

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