

Moving for Fitness

Record your daily steps or other physical activity in the chart below. Try to reach 10,000 steps per day, or 30 minutes of accumulated moderate intensity activity.

If you find that your daily average is less than 10,000 steps or 30 minutes, set a goal to increase your average every week.

Week	Sun	Mon	Tues	Wed	Thur	Fri	Sat	Notes	Weekly Weight
1									
2									
3									
4									

Ways to Move More

- ♥ Park farther from the entrance.
- ♥ Take the stairs instead of an elevator or escalator.
- ♥ Take a 10 minute walk at lunch time and after dinner.
- ♥ March in place while talking on the phone, cooking, drying your hair, etc.
- ♥ Walk while you're waiting for your child at practice.

Consult your physician before starting an exercise program and/or if you have or are at risk for a chronic health condition (e.g., diabetes, hypertension).