“Be Healthy Delaware: Ten-Ton Challenge” Activity Log

Name _____

Print this form, and for the next 10 weeks, keep track of your physical activity. The goal is to achieve *at least* 30 minutes of moderate activity (brisk walking, bicycling, dancing, tennis, etc.) **as many days per week as possible**. For each day that you complete at least 30 minutes of physical activity, give yourself a checkmark - you can even split up the minutes, if necessary. As needed, start out slowly, and gradually increase your activity level. Your goal is to engage in more physical activity by the end of the program than you did at the beginning.

In each box, place an “x” if you achieved at least 30 minutes of activity.	**Week 1** **1/20-1/26**	**Week 2** **1/27-2/2**	**Week 3** **2/3-2/9**	**Week 4** **2/10-2/16**	**Week 5** **2/17-2/23**	**Week 6** **2/24-3/2**	**Week 7** **3/3-3/9**	**Week 8** **3/10-3/16**	**Week 9** **3/17-3/23**	**Week 10** **3/24-3/30**
Tuesday										
Wednesday										
Thursday										
Friday										
Saturday										
Sunday										
Monday										
TOTAL DAYS/week										