

Physical Activity Tracker

Dates	Description of Activity	Type of Activity	Duration	Intensity*	Notes
<i>Example 01/05/2020</i>	<i>Brisk walking</i>	<i>Aerobic</i>	<i>10 minutes</i>	<i>Light</i>	<i>Comfortable pace. Will maintain speed of walking and duration for a few sessions before increasing to 15 mins.</i>
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					
			Total: (for Aerobic activities^ only)		

* **Intensity:** Light (you can talk and sing), Moderate (you can talk but cannot sing) or Vigorous (you have difficulty talking)

^ **Aerobic activities:** include cycling, dancing, hiking, jogging / running, swimming and walking.