





HANDOUT

My Physical Activity Log

Name: _____

Write down the activities you do in the next 24 hours in the first column. Write down how many minutes you did each activity in the second column. Look at the MyActivity Pyramid and mark if the activity is everyday, aerobic/recreational, flexibility/strength or inactive.

What activity did you do?	For how many minutes?	Where does your activity fit on the MyActivity Pyramid?			
		Everyday activity 	Aerobics and recreational 	Flexibility and strength 	Inactivity 
TOTAL minutes:					