

Activity Worksheet Instructions

Fill out this printable sheet to keep a record of the activities you do and see how your energy and endurance levels increase over time.

For each activity or move, note how many **sets** you complete and the number of individual **repetitions** per set. You can also include the amount of **weight** lifted, if any; this will help you decide when you should consider adding additional resistance.

For cardio workouts or activities that aren't done in sets, such as walking or biking, record the **duration** (time spent, in minutes) as well as the **intensity** level (1 for low, 2 for moderate, and 3 for high; see chart below).

Before you start: Be sure to consult your physician prior to beginning any exercise program, particularly if you suffer from high blood pressure, have had a stroke, have a heart, lung, liver or kidney condition or if you have recently been hospitalized.

A Reliable Way to Determine The Intensity Level

Listen to your body's clues to determine the level of intensity of a given activity or workout. Your perceived rate of exertion has been shown to be a pretty accurate measure of intensity level, so use the chart below as a guide.

¹ Pollock ML et al. Med. Sci. Sports Exerc. 1998; 30 (6), 975.

Can you talk?	Can you sing?	Is your breathing...	Do you sweat?	Your INTENSITY LEVEL is
Yes	Yes	Regular	No, unless it's very hot or humid	1 - Low
Yes	No	Often & Deep	After 10 min.	2 - Moderate
Only in short phrases	No	Rapid & Deep	After 3-5 min.	3 - High

Monitoring Your Energy Level

Each day, take a moment to assess your energy level: Do you feel revitalized, tired but refreshed, or exhausted? As activity becomes a regular part of your routine, you should notice an increase in your overall energy level.

Sample of filled out Worksheet

Activity Name	Date: 5/3			Date: 5/4		
	Weight (lbs)	SETS	DURATION (minutes)	Weight (lbs)	SETS	DURATION (minutes)
arm curls	2	2	3	3	4	3
yoga			30			30
walking			25			25

