

week of \_\_\_\_\_

# Home Health Habits Activity Log

There are countless ways to categorize fitness efforts, but three main areas are cardio, strength training and flexibility.

Having a balanced regimen is a good way to achieve overall health.

Use this activity log to see how much time you spend being physically active.

	<b>Activity</b>	<b>Number of minutes</b>	<b>Activity</b>	<b>Number of minutes</b>	<b>TOTAL</b>
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					

