

Month: _____

For more information on where to get active visit:
www.kingstongetsactive.com

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Total |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|---|
| ___ Activity: Min: | ___ Activity: Min: | ___ Activity: Min: | ___ Activity: Min: | ___ Activity: Min: | ___ Activity: Min: | ___ Activity: Min: | Min:_____ Strength: <input type="checkbox"/> <input type="checkbox"/> |
| ___ Activity: Min: | ___ Activity: Min: | ___ Activity: Min: | ___ Activity: Min: | ___ Activity: Min: | ___ Activity: Min: | ___ Activity: Min: | Min:_____ Strength: <input type="checkbox"/> <input type="checkbox"/> |
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| ___ Activity: Min: | ___ Activity: Min: | ___ Activity: Min: | ___ Activity: Min: | ___ Activity: Min: | ___ Activity: Min: | ___ Activity: Min: | Min:_____ Strength: <input type="checkbox"/> <input type="checkbox"/> |
| ___ Activity: Min: | ___ Activity: Min: | ___ Activity: Min: | ___ Activity: Min: | ___ Activity: Min: | ___ Activity: Min: | ___ Activity: Min: | Min:_____ Strength: <input type="checkbox"/> <input type="checkbox"/> |
| ___ Activity: Min: | ___ Activity: Min: | ___ Activity: Min: | ___ Activity: Min: | ___ Activity: Min: | ___ Activity: Min: | ___ Activity: Min: | Min:_____ Strength: <input type="checkbox"/> <input type="checkbox"/> |



Record your minutes of moderate to vigorous-intensity aerobic activities (ie. running, wheeling, swimming, cycling) throughout the day and total them at the end of the week. If strength training was performed check off the boxes under the "Total" column. Remember aim for **20-30 minutes twice per week** and **strength training twice per week** to meet the Physical Activity Guidelines.
Feel free to use this calendar to plan your physical activity ahead of time !

