

Weekly Activity Tracker

Track your movement, your way.

This weekly activity tracker is here to support you in being more active every day. Plus, it's a great way to see your progress!

Each day, record the activity and minutes you complete across moderate, vigorous, and strength activities. Small steps add up, and every effort matters! If you're not sure where to start, use the lists to the right for inspiration.

Moderate

OR

Vigorous

+

Strength

Aim for 30 minutes of activity per day

- Brisk walk
- Walking laps in a pool
- Yoga or Tai Chi
- Sweeping or raking

Aim for 20 minutes of activity per day

- Lap swimming
- Fast cycling
- Playing tennis
- Running

Aim to include as part of your daily activity at least 2 days per week

- Bodyweight workouts
- Carrying groceries inside
- Digging in the garden

Day	Moderate Activity	Minutes	Vigorous Activity	Minutes	Strength Activity	Sessions
Example Monday	Walking the dog Sweeping front path	30 minutes 5 minutes			Digging in the garden Carrying groceries inside	2 trips
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						