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| --- | --- | --- | --- | --- | --- | --- |
| **Date** | **Activity Description** | **Time****(Min)** | **Stars** | **Daily Steps** | **Heart Rate****(b/min)** | **Intensity****(Light, Moderate, Vigorous)** |
| April 13 | Jog | 30 | StarStar | 10,000 | 140 | Vigorous |
|  | Walk dog | 15 | Star | 3000 | 100 | Moderate |
| **Total** |  | **45** | **3 stars** | **13,000** |  |  |
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**Physical Activity Log Sheet**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Month: \_\_\_\_\_\_\_\_\_\_\_**

**Light Intensity-** Normal, daily activity. No Increase in heart rate and breathing.

**Moderate Intensity**- Activities that cause breathing and heart rate to increase. Still able to talk.

**Vigorous Intensity**- Activities that cause breathing and heart rate to increase. Difficult to talk.