



Physical Activity Is Powerful Medicine

PHYSICAL ACTIVITY LOG

Name: _____

Personal Goals (select one):

Start Date: _____

- Jan. – March April – June
 July – Sept. Oct. – Dec.

- 6 aerobic miles/week 6,000 steps/day
 10 aerobic miles/week 8,000 steps/day
 15 aerobic miles/week 10,000 steps/day
 20 aerobic miles/week _____steps/day

Instructions: Write down what you achieved in your fitness program every day (aerobic miles, steps, or exercise minutes). See Aerobic Miles chart on the right to convert various activities into aerobic miles. At the end of the quarter, submit this log to your InStep Coordinator or health leader. If you haven't been exercising, aim for 6 aerobic miles a week or 6,000 steps a day to start. Gradually work up to 15 aerobic miles a week or 10,000 steps daily.

AEROBIC MILES CHART

Activity	Minutes to equal one Aerobic Mile		
	Easy	Moderate	Vigorous
Aerobic dancing	30	20	15
Backpacking	15	12	10
Basketball	20	12	10
Bicycling (10, 12, and 15 mph)	18	14	10
Calisthenics	20	15	12
Canoeing or rowing (4, 6, and 8 METS)	20	15	12
Dancing, social	30	20	15
Football, touch	20	15	12
Gardening, active	60	40	30
Golfing, carrying bag or pulling cart	30	25	20
Hiking, cross-country	20	15	12
Jogging or running	12	10	8
Karate, Tae kwon do	15	12	10
Mountain climbing	15	12	10
Racquetball, handball	20	15	10
Rope skipping	11	10	8
SCUBA diving	20	15	10
Skating	20	15	12
Skiing, cross country	17	12	8
Skiing, down hill	20	15	12
Soccer	15	12	10
Stair stepping	15	13	11
Stationary cycling	16	13	11
Swimming	24	16	12
Table tennis	60	30	20
Tennis	20	15	11
Volleyball	20	15	12
Walking	24	20	15
Water skiing	20	15	12
Weight training	30	20	15

WEEK	SUN	MON	TUE	WED	THUR	FRI	SAT	Weekly Totals
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								
13								
13-week Total Steps or Aerobic Miles								



MILEAGE AWARDS

- 100 aerobic miles in one year
 500 aerobic miles in one year
 1,000 aerobic miles in one year
 2,000 aerobic miles in one year
 1 million steps in one year
 2 million steps in one year
 3 million steps in one year