



# Physical Activity Log

## Feel the Power Feel Fit

**START TODAY!**

Name: \_\_\_\_\_

Email Address: \_\_\_\_\_

Feel the Power Feel Fit is a FREE club for individuals designed to encourage you to become more active. The Physical Activity Log is designed to help you plan and track your physical activity. Strive to be physically active at a brisk pace, for a *minimum* of four days each week, 30 minutes each time, for six consecutive weeks. Research shows that being physically active for 4-7 days a week for 30-60 minutes increases energy, decreases stress, and benefits the heart, lungs, muscles and bones.

Instructions: Plan when you are going to be active during the week by writing the type and length of activities in the spaces provided on the log. Please see example. Remember to schedule physical activity into your day as you would schedule any other appointment. After you have been active on the days you planned to be active, place a check mark beside the activity. If you missed a scheduled day, reschedule for the next possible day. **Alternatively, you may place a check mark in the box for each day that you were physically active for at least 30 minutes - with no need to list the activity.**

Week #	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>WEEK #1</b> <i>(Example)</i>	√ 3:00 Family Hike Length: 1.5 hours	√ 12:00-12:30 Walk at lunch time Length: 30 minutes		√ 8:00 Water aerobics at Rec Centre Length: 1 hour			√ 2:00 Walk around rec centre while kids play basketball Length: 30 minutes
<b>WEEK #1</b>							
<b>WEEK #2</b>							
<b>WEEK #3</b>							
<b>WEEK #4</b>							
<b>WEEK #5</b>							
<b>WEEK #6</b>							

It's as easy as 1...2...3

# Welcome to the Feel the Power Feel Fit Club!

## Guidelines

1. Participate in a minimum of 30 minutes of physical activity\* four times a week at a brisk pace.  
Be ACTIVE on your own, with a friend, co-worker or family member.

\*According to *Canada's Physical Activity Guide to Healthy Active Living*, Health Canada recommends participating in moderate physical activity 30-60 minutes, four to seven days per week. Moderate physical activity is defined as any activity that increase your heart rate that makes you warm and breathe deeply. Refer to the *Physical Activity Guide* for examples of physical activity.

2. Record your activity on your personal Physical Activity Log.
3. Submit your completed log to the expansion site that you are a member of. Please note that Public Health Services will no longer be accepting Physical Activity Logs.

In order to remain a member of the Club, you need to complete and submit a log on a regular basis.  
The goal of the Club is....**a Healthier more Active you!**

## Your Contact Information

Name:	
Address: (Street number, street, City, Postal Code)	
Phone Number:	
Email Address:	

For more information on the Feel the Power Feel Fit Club please visit  
[www.doitwell.ca](http://www.doitwell.ca)