

Life in Motion

Name _____

Personal Activity Calendar

Personal Point Goal _____

Use this ten week calendar to set activity goals and monitor/record your exercise and activity levels. Make sure you are active at least ten minutes consecutively to achieve activity points. 10 minutes equals 1 point. The US Department of Health and Human Services recommends at least 30 minutes of consecutive moderate activity (like walking) daily. Healthy individuals should not have difficulty in attaining this level. If you have disorders which limit your activities check with your health care practitioner before beginning any activity program. Start gradually. Regular activity enhances your health and reduces risk for heart disease, diabetes and some forms of cancer (e.g., breast, uterine, colon).

M = Minutes of moderate to vigorous physical activity completed

P = Points – 10 minutes of moderate to vigorous physical activity equals 1 point

	Sunday	Monday	Tuesday	Wednesda	Thursday	Friday	Saturday	Weekly Total Points
M	Ex 30							Wk 1
P	3							
M								Wk 2
P								
M								Wk 3
P								
M								Wk 4
P								
M								Wk 5
P								
M								Wk 6
P								
M								Wk 7
P								
M								Wk 8
P								
M								Wk 9
P								
M								Wk 10
P								

- Recommendations:
1. Get your spinal alignment checked chiropractically regularly.
 2. Do 4-5 minutes of spinal hygiene stretching activities everyday.
 3. Achieve your daily activity goals doing what you enjoy.
 4. Eat healthy. Make good choices. Drink plenty of pure water.
 5. Have fun being healthy.
 6. Count your blessings.

