MSDH HEALTHIEST LOSER

Individual Activity Tracker

Enter the amount of time (in minutes) you spend each day performing physical activity. If an activity you performed is not listed, enter the activity in the spaces provided. Also capture the number of personal days you took due to *illness* (allergies, back pain, depression, arthritis, etc.) for the month.

	Week 1								Week 2								Week 3								Week 4							
Activity	Sun	M	T	W	Th	F	Sat	Total Week 1	Sun	M	T	W	Th	F	Sat	Total Week 2	Sun	M	T	W	Th	F	Sat	Total Week 3	Sun	M	T	W	Th	F	Sat	Total Week 4
Walking																																
Running																																
Jogging																																
Bicycling																																
Swimming																																
Aerobics																																
Dancing																																
Gardening																																
House Work																																
Tennis																																
Golf																																
Yoga																																
Hiking																																
Weight Lifting																																
Other, please list																																
TOTAL																																

# of personal days taken due to illness (allergies, back pain, depression, arthritis, etc.) for the month	

Month: _____

Letter Assignment: _____