

Date: 3/14/05

Week Day (select one) Mon. / Tues. / Wed. / Thurs. / Fri. / Sat. / Sun.

**Instructions for use:** This Activity Journal worksheet enables you to quickly and easily record the activities you perform during a day. It is designed for you to print, as many copies as you want, and take with you to record entries manually when the MyHealthVet site is not readily available. Each worksheet is intended for a single day. When the worksheets are completed, use them as a guide for adding entries to your online My HealthVet Activity Journal.

1. Enter the date for this journal entry and circle the day of the week corresponding to the date entered.
2. If applicable, record the distance covered during your activity (measured in miles, kilometers, or laps) or the duration of the activity (measured in minutes or hours).
3. Record the intensity of your activity as low impact, moderate impact or high impact.
4. Enter the time of day in which the activity was performed (i.e. Morning, Afternoon, Evening, or Night).
5. If applicable, enter the number of times you repeated the activity. Then enter how many sets of the activity were completed. (Note: There are some activities, such as sit ups, that are typically done in sets. A set is a specific number of repetitions of an activity. If you were to complete 10 sit-ups that can be considered a set. This set can be repeated. Therefore, if 2 sets of 10 repetitions are completed you can record it as 2 sets of 10 reps of sit-ups.)
6. Enter a description of the activity performed (i.e. Jogging, Cycling, Yoga, Stretching, etc.).
7. Enter this information on the MyHealthVet Activity Journal.

**Comments:**

*Tried to vary my workout but started slow.*

Aerobic / Cardio	Intensity	Time of Day
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<i>60 mins of walking - slow pace</i>	<i>Low impact</i>	<i>Morning</i>
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Weights	Intensity	Time of Day
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<i>30 mins of weight lifting, dumb-bells</i>	<i>Moderate impact</i>	<i>Evening</i>
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Other (e.g. housework, stretching)	Intensity	Time of Day
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<i>1 hr of Yoga (beginner)</i>	<i>Low impact</i>	<i>Evening</i>
<i>2 sets of 10 repetitions - Sit-ups</i>	<i>Low impact</i>	<i>Morning</i>
<i>20 mins of Stretching</i>	<i>Low impact</i>	<i>Morning</i>