

## Weekly Physical Activity

Adults who are physically active are not only healthier overall, but also have a decreased chance of developing chronic diseases such as cardiovascular disease and type 2 diabetes.

Most health benefits for adults are gained when they do **150-300 minutes** of **moderate-intensity** activity per week.

Please use the attached *Monthly Active Minutes Calendar* in this planner to track time spent on physical activity each day. This will be used to help keep you accountable and on track!

Happy Tracking!

Source: Physical Activity Guidelines for Americans, 2nd edition | 2018 U.S. Department of Health and Human Services

# Monthly Active Minutes

Month:

Sun	Mon	Tues	Weds	Thurs	Fri	Sat

My goals for this month are...