



Track Your Activities ENDURANCE DAILY RECORD

You can use this form to record your endurance activities. **Try to build up to at least 30 minutes of moderate-intensity endurance activity on most or all days of the week. Every day is best.**

TIP: Be creative! Try different activities on different days of the week and don't forget to challenge yourself.

Week of _____

| EXERCISE | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------------------------|--------|--------|---------|-----------|----------|--------|----------|
| Endurance Activity 1 | | | | | | | |
| How Long Did You Do It? | | | | | | | |
| Endurance Activity 2 | | | | | | | |
| How Long Did You Do It? | | | | | | | |
| Endurance Activity 3 | | | | | | | |
| How Long Did You Do It? | | | | | | | |

Week of _____

| EXERCISE | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------------------------|--------|--------|---------|-----------|----------|--------|----------|
| Endurance Activity 1 | | | | | | | |
| How Long Did You Do It? | | | | | | | |
| Endurance Activity 2 | | | | | | | |
| How Long Did You Do It? | | | | | | | |
| Endurance Activity 3 | | | | | | | |
| How Long Did You Do It? | | | | | | | |

Week of _____

| EXERCISE | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------------------------|--------|--------|---------|-----------|----------|--------|----------|
| Endurance Activity 1 | | | | | | | |
| How Long Did You Do It? | | | | | | | |
| Endurance Activity 2 | | | | | | | |
| How Long Did You Do It? | | | | | | | |
| Endurance Activity 3 | | | | | | | |
| How Long Did You Do It? | | | | | | | |