### Individual Activity Log

**Activity Log**

**Name:** __________________________________________

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<table>
<thead>
<tr>
<th>Activity</th>
<th>Monday Min./Miles</th>
<th>Tuesday Min./Miles</th>
<th>Wednesday Min./Miles</th>
<th>Thursday Min./Miles</th>
<th>Friday Min./Miles</th>
<th>Saturday Min./Miles</th>
<th>Sunday Min./Miles</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ex. Walking, typical pace (3 mph)</td>
<td>30 minutes/1 mile</td>
<td>30 minutes/1 mile</td>
<td>30 minutes/1 mile</td>
<td>30 minutes/1 mile</td>
<td>30 minutes/1 mile</td>
<td>60 minutes/2 miles</td>
<td>0 minutes/0 miles</td>
</tr>
</tbody>
</table>

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**Directions**

- Record your daily minutes of activity and mile conversions on this Activity Log.
- List the physical activities included on the Equivalents Chart / Calculator that you engage in and number of minutes per day engaged.
- Use the Equivalents Chart/Calculator to convert activity minutes to miles for each activity and record beside the minutes (see Example).
- Total the number of minutes and miles for each day.
- At the end of the week, total the minutes and miles for the week and record in the Week’s Total boxes.

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**TOTAL Min**

**TOTAL Miles**

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**Total Minutes for Week**

**Total Miles for Week**

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