

**MONTHLY PHYSICAL ACTIVITY SHEET**

Month \_\_\_\_\_

Name \_\_\_\_\_

Point Goal \_\_\_\_\_

- 1 Point/4 min**  
 Bicycling >16 mph  
 Handball, Squash, Racquetball  
 Rowing-vigorous  
 Running > 7 mph  
 X-C skiing – racing

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- 1 Point/5 min**  
 Boxing/sparring  
 Football  
 Martial arts  
 Rope jumping  
 Running, 6 mph  
 Soccer -vigorous  
 Swimming - vigorous  
 X-C skiing – vigorous

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- 1 Point/6 min**  
 Basketball – game  
 Bicycling 12-15 mph  
 Bicycling stationary  
 Calisthenics-vigorous  
 Carrying heavy loads  
 Circuit training  
 Hockey  
 Rock climbing  
 Running, 5 mph  
 X-C skiing–moderate  
 Snow shoeing  
 Swimming–moderate  
 Tennis, singles  
 Volleyball, beach  
 Walking upstairs

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- 1 Point/10 min**  
 Aerobic – general  
 Backpacking/hiking  
 Bicycling 10-12 mph  
 Canoeing - moderate  
 Dancing – aerobic, fast  
 Jet-skiing, water  
 Jogging < 5 mph  
 Moving boxes  
 Rowing – moderate  
 Shoveling snow  
 Skating – vigorous  
 Skiing-moderate  
 Sledding  
 Soccer – moderate  
 Swimming-leisure  
 Tennis – doubles  
 Weight lifting-vigorous  
 Walking – brisk, 4 mph

Date	Activity	Length of Time	Points	Sub-total
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
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24				
25				
26				
27				
28				
29				
30				
31				

- 1 Point/12 min**  
 Badminton  
 Basketball – shooting  
 Construction/remodel  
 Dancing  
 Golf – without cart  
 Health Club – general  
 Housework – vigorous  
 Hunting  
 Kayaking  
 Mowing lawn –walking  
 Play w/kids – vigorous  
 Skate/Roller blade  
 Softball or Baseball  
 Volleyball – vigorous  
 Yard work, raking etc.

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- 1 Point/15 min**  
 Archery  
 Auto Repair  
 Bicycling <10 mph  
 Bowling  
 Canoeing – light  
 Golf – using motor cart  
 Home repair–carpentry, Plumbing, etc.  
 Horseback riding  
 Housework – cleaning  
 Music–vigorous, drums  
 Play w/kids – moderate  
 Sailing/sail board  
 Snowmobiling  
 Stretching, Yoga  
 Table tennis  
 Walk – moderate 3 mph  
 Water Aerobics  
 Weight Lift – moderate

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- 1 Point/20 min**  
 Billiards/pool  
 Cooking  
 Fishing  
 Mowing lawn – riding  
 Music playing –general  
 Playing catch  
 Play w/kids – light  
 Walking – slow 2 mph  
 Yard games – Croquet, frisbee, darts, etc

Total Points

**Approximate calories burned during activity**  
 1 point = 40 calories for a 105 pound person  
 1 point = 50 calories for a 130 pound person  
 1 point = 60 calories for a 155 pound person  
 1 point = 70 calories for a 180 pound person  
 1 point = 80 calories for a 210 pound person  
 1 point = 90 calories for a 235 pound person  
 1 point = 100 calories for a 260 pound person  
 Resting Metabolic Rate = about 1 to 2 points/hr

Multiply by calories/point (see weight chart) x \_\_\_\_\_

Total calories burned this month