

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

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

- 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

- 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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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.

- 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

- 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