

ANNUAL PHYSICAL ACTIVITY RECORD

Name _____

Year _____

Goal _____

Month	Days of Activity per Month				Points per Month				Calories per Month			
	No. of days active for the month (last year*)	No. of days active for the month (this year)	Total year to date	+ or – versus last year	No. of points for the month (last year)	No. of points for the month (this year)	Total year to date	+ or – versus last year	No. of calories for the month (last year)	No. of calories for the month (this year)	Total/ year	+ or – versus last year
January												
February												
March												
April												
May												
June												
July												
August												
September												
October												
November												
December												
Total												
Average or %												

Instructions: The Annual Physical Activity Record records monthly totals and also allows you to compare your totals from past months and previous years. You can track the information listed above or create your own column headings to track miles run, weight lifting sessions, and other physical activity. The columns above allow you to record your totals for each month, for the number of days you participated in physical activities, the number of activity points earned in a month and the estimated calories burned as a result of the activities. Set goals such as exercising 20 days per month or registering 100 points per month and then see how you do. Adjust your goals as needed and track your progress over time.

*You will need to track your activity for a year before you can compare monthly data.