

7 DAY physical activity tracker

PLANNING MY ACTIVITY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>LIST OF MY ACTIVITIES</p> <p>+</p> <p>NUMBER OF MINUTES</p> <p>FOR EXAMPLE:</p> <p><i>swim 15 min.</i></p> <p><i>brisk walk 20 min.</i></p> <p><i>skipping rope 10 min.</i></p>	<p>Adults should aim to accumulate at least 150 minutes each week.</p>	<p>It is beneficial for adults to add muscle- and bone-strengthening activities, at least 2 days per week.</p>	<p>Examples include strength training, heavy gardening and shoveling.</p>	<p>Start slowly and build up to moderate- to vigorous-intensity while doing physical activity.</p>	<p>Kids should aim to accumulate at least 60 minutes each day.</p>	<p>It is beneficial for children to include activities that strengthen muscle and bone at least 3 days per week.</p>	<p>Examples include skipping, hopping and jumping.</p>

<p>TOTAL MINUTES: ADD IT UP!</p> <p>FOR EXAMPLE:</p> <p><i>My total today is 45 min.</i></p>	<p>Starting slowly is very safe for most people. Not sure? Consult with your doctor.</p>	<p>Need something simple? Go walking.</p>	<p>Choose activities that you enjoy.</p>	<p>Vigorous intensity activities elevate heart rate and cause you to be "out of breath".</p>	<p>Need to get to school or work? Bike or walk.</p>	<p>Keep it interesting and fun by trying something new.</p>	<p>Try group fitness to help with increasing your motivation, fun-factor & commitment.</p>
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