

Name: _____

Date: _____

Keep track of your activities for one full day in the chart below.

1. For each 30-minute period, record the name of the activity you were doing.
2. Put a check mark in the appropriate "Activity Level" box to show the level at which you performed the activity for most of the 30-minute period.
3. Count the check marks in each column.

Time	Name of Activity	Activity Level				Time	Name of Activity	Activity Level			
		Rest	Light	Moderate	Vigorous			Rest	Light	Moderate	Vigorous
7:00 a.m.						7:00 p.m.					
7:30						7:30					
8:00						8:00					
8:30						8:30					
9:00						9:00					
9:30						9:30					
10:00						10:00					
10:30						10:30					
11:00						11:00					
11:30						11:30					
12:00 p.m.						12:00 a.m.					
12:30						12:30					
1:00						1:00					
1:30						1:30					
2:00						2:00					
2:30						2:30					
3:00						3:00					
3:30						3:30					
4:00						4:00					
4:30						4:30					
5:00						5:00					
5:30						5:30					
6:00						6:00					
6:30						6:30					
Total Number of Check Marks at Each Level:						Total Number of Check Marks at Each Level:					

Activity Calculations

In the chart, you tracked your activities for one day and counted the number of 30-minute periods spent doing each type of activity. According to the FITT formula for lifestyle physical activity, you should be getting 60 to 120 minutes of moderate to vigorous physical activity a day.

Did you get at least 60 minutes of moderate activity? Yes No

Did you get 9 hours of rest? Yes No

Did you get at least 30 minutes of vigorous activity? Yes No

How much moderate lifestyle physical activity did you get? _____

Energy balance means that the number of calories you take in as food equals the number of calories you burn in activity. A pound of fat equals 3,500 calories. Fill in the following chart, and then determine how the sample changes to your activity levels would affect your overall energy balance.

	Rest	Light	Moderate	Vigorous
Number of check marks from the previous chart				
Number of hours spent doing activities of that level (divide the number of check marks by 2; round to the nearest hour)				
Calories burned per hour (in general)	× 40 calories	× 150 calories	× 200 calories	× 400 calories
Total calories burned				
Total pounds of fat lost (divide the number of calories burned by the number of calories in a pound)				

Example: Let's say that instead of sitting and talking on the phone for 30 minutes (50 calories burned), you took your dog for a walk for 30 minutes (125 calories burned). Calculate how this change would affect your overall energy balance if you made the change for:

One week (7 days): _____

One month (30 days): _____

One year (365 days): _____