



American Red Cross
San Diego and Imperial
Counties



Track your physical activity

Month: _____

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY



30 minute
brisk walk



30 minute
brisk walk



weight
training



30 minute
brisk walk



30 minute
brisk walk



weight
training



30 minute
brisk walk

Sample week: 150 minutes of moderate-intensity aerobic activity + 2 days muscle-strengthening activity