

## Aerobic Activity Log

Increasing your daily activity is an important part of resetting your normal. If you want to keep track of your progress, a simple activity log (such as the sample below) will suffice. You only need to create as many columns as the number of different activities you choose, but you might want to add a couple of blank columns so that if you have opportunities to do something fun and different, you can add it easily.

Sample Chart:

Date	Walk	Cycle	Stepper
Mon, 5/10/17	10 min		
Wed, 5/12/17	10 min		
Fri, 5/14/17			15 min
Sat, 5/15/17		30 min	

The advantage to a tracking chart is that you can easily see your progress timewise. If you start out at ten minutes and progress to a half hour after a couple of months, that's great. If you stall out, you can see that too, and it will remind you to correct course.

