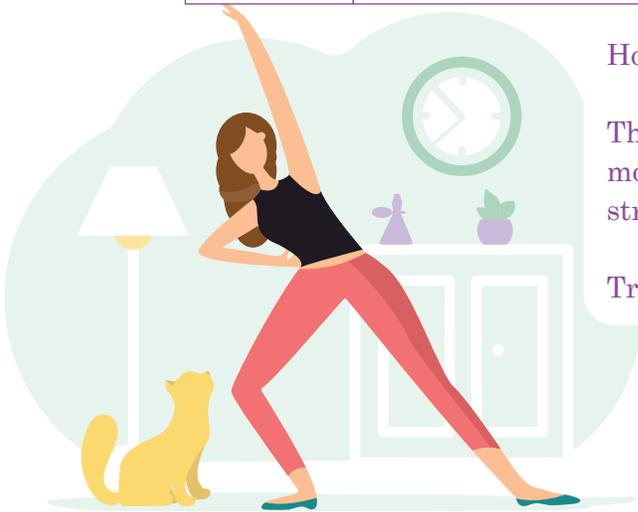


Employee Wellness

Physical Activity Tracker

	Total Minutes	Activity Type
Day 1		
Day 2		
Day 3		
Day 4		
Day 5		
Day 6		
Day 7		
Day 8		
Day 9		
Day 10		
Day 11		
Day 12		
Day 13		
Day 14		
Day 15		
Day 16		

	Total Minutes	Activity Type
Day 17		
Day 18		
Day 19		
Day 20		
Day 21		
Day 22		
Day 23		
Day 24		
Day 25		
Day 26		
Day 27		
Day 28		
Day 29		
Day 30		
Day 31		



How many minutes of physical activity can you get this month?

The physical activity guidelines for adults is at least 150 minutes of moderate-intensity aerobic activity and at least 2 days of muscle strengthening activity per week.

Track your daily minutes and activity type using this tracking sheet.



TULSA HEALTH
Department
School Health Program