

PHYSICAL ACTIVITY TRACKER



www.eatwellgetfitlivelife.ca



An initiative by KFL&A Public Health

Introduction

In today's world of modern technology, the majority of Canadians are spending a large amount of time in front of screens at work and during their leisure time. At the same time, only twenty-four percent of



Canadian adults² and nine percent of Canadian children³ are meeting the recommended level of physical activity, as outlined in Canada's Physical Activity Guide to Healthy Active Living. This lack of physical activity is having a negative impact on the health and well-being of KFL&A residents.

This log will help you to recognize patterns in your leisure screen time (watching TV, playing video games, and using the computer) and physical activity levels; set goals to reduce screen time, and increase physical activity; and provide you with strategies on how to meet the recommended amount of physical activity.

Take action: six simple steps

1

Complete the questionnaire on your seated activities.

2

Complete the goals setting section.

3

Read the background information on physical activity.

4

Fill in a checkbox for every 10 minutes you spend being physically active. For any extra time you spend being active, record it beside the check boxes. Total the time each day in the right hand column.

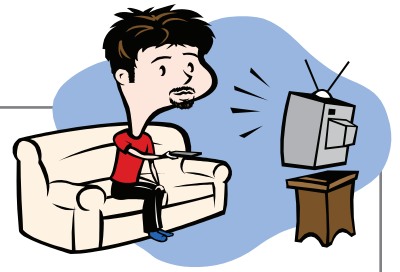
5

Fill in a checkbox for every 30 minutes you spend viewing each type of screen (not related to work or school). For any extra time you spend viewing screens record the time beside the check boxes. Total the time each day in the right hand column.

6

Add up the time at the end of the week for both your physical activity and leisure screen time. This will help you recognize how you are spending your time.

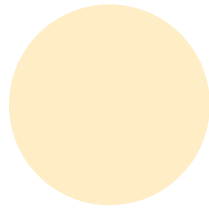
Seated activities



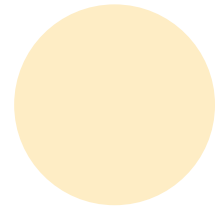
List all the television shows you currently watch on a regular basis each week.

Prioritize your favourite shows.

How many hours per week do you spend watching these shows?



How many hours per week do you spend watching these shows?

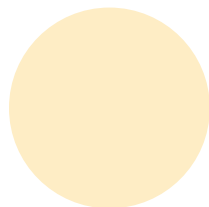


List the seated time activities (reading, computer time, etc.) you do each week.

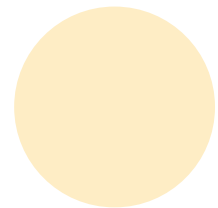
Prioritize your favourite seated time activities.



How many hours per week do you spend doing these types of activities?



How many hours per week do you spend doing these types of activities?



What is the total number of hours you spend watching your favourite television shows and doing your favourite seated time activities?

Goal setting-use the SMART principle

Specific—be clear about what you want to accomplish.

Measurable—use indicators to track your progress from start to finish.

Action oriented—make goals that require you to take action.

Realistic—make goals practical and within your personal capabilities.

Timelines—have a specific timeline so that you feel obligated to work towards, and achieve your goals.

Short term goals

1. Walk for thirty minutes, five days a week, Monday through Friday.
2. Reduce television screen time by a half hour every week for 4 weeks.

Long term goals

1. Watch no more than 14 hours of television a week.

Think of three goals related to screen time and physical activity for the next four weeks.

Refer to your goals regularly to help keep you on track.

1. _____
2. _____
3. _____

Setting goals will help you stay focused and monitor your progress while adopting a healthier lifestyle.

Physical Activity

Sixty minutes of moderate intensity exercise is recommended most days of the week to promote and maintain good health¹. There are three types of exercises to record in your log:

Endurance activities make your heart, lungs, and circulatory system work and help give you more energy¹. Examples of endurance activities include; walking, yard and garden work, cycling, skating, continuous swimming, dancing, and household chores.

Strength activities help keep your muscles and bones strong, help to improve your posture and prevent diseases like osteoporosis, by working against resistance. Examples of strength activities include; heavy yard work, lifting and carrying groceries or children, climbing stairs, carrying laundry, body weight exercises like squats, abdominal bridges and push-ups, and going to the gym to perform strength-training routines.

Flexibility activities help you move more easily by keeping your muscles relaxed and your joints mobile. Flexibility activities include: gentle reaching, bending, T'ai Chi, vacuuming, yoga, curling, and simple stretching of any of your muscles¹.











































Moderate intensity activity means that your heart rate, body temperature, and breathing rate are increased.

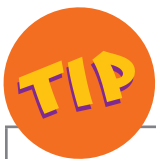
You need to be active for at least ten minutes, at a moderate intensity to count it towards your physical activity time.



Start date: _____ / _____ / _____
Day Month Year





















































































Motiv8 physical activity log

Day	Endurance, strength, and flexibility activities	Time (hours)
Mon	     	
Tues	     	
Wed	     	
Thurs	     	
Fri	     	
Sat	     	
Sun	     	
Check a symbol for every 10 minutes you spend being physically active. Aim to check all of the symbols on most days of the week. Additional time being active can be recorded as a note beside the symbols.		Weekly total:



Eating a healthy breakfast every day helps you maintain a healthy weight and gives you energy to start your day!











































Motiv8 leisure screen time log

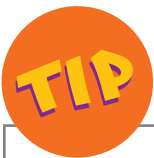
Day	TV, video games, DVD and computer/ Internet	Time (hours)
Mon	           	
Tues	           	
Wed	           	
Thurs	           	
Fri	           	
Sat	           	
Sun	           	
Check a symbol for every 30 minutes spent viewing screens, not including school or work. Stay out of the shaded area, which is greater than 3 hours a day. Additional time viewing screens can be recorded as a note in the box.		Weekly total:



Start date: _____ / _____ / _____
Day Month Year





















































































Motiv8 physical activity log

Day	Endurance, strength, and flexibility activities	Time (hours)
Mon	     	
Tues	     	
Wed	     	
Thurs	     	
Fri	     	
Sat	     	
Sun	     	
Check a symbol for every 10 minutes you spend being physically active. Aim to check all of the symbols on most days of the week. Additional time being active can be recorded as a note beside the symbols.		Weekly total:



Enjoy at least one serving of dark green and orange vegetables every day.











































Motiv8 leisure screen time log

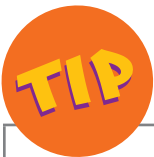
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Start date: _____ / _____ / _____
Day Month Year





















































































Motiv8 physical activity log

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Tues	     	
Wed	     	
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Fri	     	
Sat	     	
Sun	     	
Check a symbol for every 10 minutes you spend being physically active. Aim to check all of the symbols on most days of the week. Additional time being active can be recorded as a note beside the symbols.		Weekly total:



Making meals at home can help you manage portion sizes, fat, sugar, and salt, while providing important nutrients.











































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Week 4

Start date: _____ / _____ / _____
Day Month Year





















































































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Tues	     	
Wed	     	
Thurs	     	
Fri	     	
Sat	     	
Sun	     	
<p>Check a symbol for every 10 minutes you spend being physically active. Aim to check all of the symbols on most days of the week. Additional time being active can be recorded as a note beside the symbols.</p>		<p>Weekly total:</p>



Get up and do some stretches during commercial breaks-it will help get your blood flowing!

Motiv8 leisure screen time log

Day	TV, video games, DVD and computer/ Internet	Time (hours)
Mon	           	
Tues	           	
Wed	           	
Thurs	           	
Fri	           	
Sat	           	
Sun	           	
<p>Check a symbol for every 30 minutes spent viewing screens, not including school or work. Stay out of the shaded area, which is greater than 3 hours a day. Additional time viewing screens can be recorded as a note in the box.</p>		<p>Weekly total:</p>

Recognizing patterns in your weekly routine will help you to develop strategies to decrease seated time, and increase your physical activity. You do not have to stop all seated activities or be physically active all the time as that's unrealistic—we all need our down time! What is important is to find a balance that works for you, and will allow you to reach your potential for optimal health and well-being.

References:

1. Health Canada. Handbook for Canada's Physical Activity Guide to Healthy Active Living. 1998. Available from: <http://www.csep.ca/main.cfm?cid=574&nid=5138>
2. Canadian Fitness and Lifestyle Research Institute. Section A: physical activity and sport participation rates in Canada accessed September 2007 www.cflri.ca
3. Chief Medical Officer of Health Healthy Weights, Healthy Lives Report accessed August 2007 www.mhp.gov.on.ca

