



HEALTH CARE COALITION
OF LAFAYETTE COUNTY
Wellness Works

Physical Activity Journal

	ACTIVITY DESCRIPTION	DURATION	INTENSITY (easy, moderate, challenging)	NOTES
Example:	1. Walk Slowly 2.	20 minutes	Easy	Schedule walk with friends later in week
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				
TOTALS:				



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