

NAME \_\_\_\_\_

WEEK #: \_\_\_\_\_

**Please fill in the total weekly  
minutes**

- |                                  |                                      |                                   |
|----------------------------------|--------------------------------------|-----------------------------------|
| Aerobics-light _____ min.        | Jump rope _____ min.                 | Stairmaster-mod. _____ min.       |
| Aerobics-moderate _____ min.     | Jogging-6 min. mile _____ min.       | Stairmaster-vigorous _____ min.   |
| Aerobics- vigorous _____ min.    | Jogging-8 min. mile _____ min.       | Studying _____ min.               |
| Baseball _____ min.              | Jogging-10 min. mile _____ min.      | Swimming-moderate _____ min.      |
| Basketball- practice _____ min.  | Laundry _____ min.                   | Swimming-vigorous _____ min.      |
| Basketball-game _____ min.       | Moving furniture _____ min.          | Swimming-racing _____ min.        |
| Bicycling-6 mph _____ min.       | Mountain biking _____ min.           | Tennis-moderate _____ min.        |
| Bicycling -10 mph _____ min.     | Nordik track-moderate _____ min.     | Tennis-vigorous _____ min.        |
| Bicycling-15 mph _____ min.      | Nordik track-vigorous _____ min.     | Typing _____ min.                 |
| Bicycling-20 mph _____ min.      | Raquetball _____ min.                | Volleyball _____ min.             |
| Bicycling-mountain _____ min.    | Rock climbing _____ min.             | Walking-w/load _____ min.         |
| Calisthenics- _____ min.         | Rowing-leisure _____ min.            | Walking up/down stairs _____ min. |
| Cleaning/housekeeping _____ min. | Rowing-fast _____ min.               | Washing windows/walls _____ min.  |
| Cooking _____ min.               | Rollerblade _____ min.               | Watching TV _____ min.            |
| Driving _____ min.               | Running-10 min mile _____ min.       | Weightlifting _____ min.          |
| Dancing-Recreational _____ min.  | Running-8 min mile _____ min.        |                                   |
| Dancing-rock _____ min.          | Running-6 min mile _____ min.        |                                   |
| Dancing-slow _____ min.          | Skiing-downhill _____ min.           |                                   |
| Golf _____ min.                  | Skiing-X country-mod. _____ min.     |                                   |
| Gymnastics _____ min.            | Skiing-X country-vigorous _____ min. |                                   |
| Horseback ride-walk _____ min.   | Squash _____ min.                    |                                   |
| Horseback ride-canter _____ min. | Shopping _____ min.                  |                                   |