



LET'S MOVE TO LIVE

ACTIVITIES LOG



Participant:

Date:

Organization/Church:

WEEK	SUN	MON	TUE	WED	THUR	FRI	SAT	Weekly Totals
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								
13								
13-week Total Steps or Aerobic Miles								

AEROBIC MILES CHART

Activity	Minutes to equal one Aerobic Mile		
	Easy	Moderate	Vigorous
Aerobic dancing	30	20	15
Backpacking	15	12	10
Basketball	20	12	10
Bicycling (10, 12, and 15 mph)	18	14	10
Calisthenics	20	15	12
Canoeing or rowing (4, 6, and 8 METS)	20	15	12
Dancing, social	30	20	15
Football, touch	20	15	12
Gardening, active	60	40	30
Golfing, carrying bag or pulling cart	30	25	20
Hiking, cross-country	20	15	12
Jogging or running	12	10	8
Karate, Tae kwon do	15	12	10
Mountain climbing	15	12	10
Racquetball, handball	20	15	10
Rope skipping	11	10	8
SCUBA diving	20	15	10
Skating	20	15	12
Skiing, cross country	17	12	8
Skiing, down hill	20	15	12
Soccer	15	12	10
Stair stepping	15	13	11
Stationary cycling	16	13	11
Swimming	24	16	12
Table tennis	60	30	20
Tennis	20	15	11
Volleyball	20	15	12
Walking	24	20	15
Water skiing	20	15	12
Weight training	30	20	15

Instructions: Record what you have achieved in your exercise Programme each day (number of steps or number of miles). Use the chart on the right to convert various activities into aerobic miles. Tally your daily figures and submit your completed form weekly to your Health Director or to the Cayman Islands Conference Offices.



LET'S MOVE TO LIVE CAYMAN