



A BETTER CHOICE FOR CARDIOVASCULAR HEALTH

Week # _____	Moderate Intensity Exercise		Vigorous Intensity Exercise	
	Activity Type (e.g. walking 3.5 mph)	Duration (minutes)	Activity Type (e.g jogging 7.0 mph)	Duration (minutes)
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				
Subtotal Minutes				
	*Intensity Multiplier	x 1	*Intensity Multiplier	x 2
Adjusted Subtotal				

*The American Heart Association recommends 150 minutes/week of Moderate Intensity Exercise, or 75 minutes per week of Vigorous Intensity Exercise. The Adjusted Subtotal is calculated by multiplying the Subtotal Minutes in each category by the respective Intensity Multiplier.

Composite Total (Add Adjusted Subtotal of both Moderate and Vigorous Intensity Exercise)	
WEEKLY GOAL	150

Week # _____	Moderate Intensity Exercise		Vigorous Intensity Exercise	
	Activity Type (e.g. walking 3.5 mph)	Duration (minutes)	Activity Type (e.g jogging 7.0 mph)	Duration (minutes)
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				
Subtotal Minutes				
	*Intensity Multiplier	x 1	*Intensity Multiplier	x 2
Adjusted Subtotal				

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Composite Total (Add Adjusted Subtotal of both Moderate and Vigorous Intensity Exercise)	
WEEKLY GOAL	150