

Living with Heart Failure: Activity Tracking Log

How do I use this tracking log to monitor my activity?

- Refer to your **Getting Active and Staying Active** handout for your specific instructions for each activity.
- Find the activity you performed (in the left column) and check the box on the day the activity was done.
- You can divide your activity sessions into smaller blocks of time just make it a goal to do some activity for a total of 30 minutes every day.
- Don't forget to warm up and cool down.

Activity instructions:	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Warm up: 5-10 minutes							
Aerobic Activity (walking, pedaling, etc.) 30 minutes daily							
Strength Activities As instructed by your Physical Therapist							
Cool down: 5-10 minutes							