

## Monthly Physical Activity Sheet

Month \_\_\_\_\_

Name \_\_\_\_\_

Point Goal \_\_\_\_\_

<b>1 Point/4 min</b>
Bicycling >16 mph Handball, Squash, Racquetball Rowing-vigorous Running > 7 mph X-C skiing – racing
<b>1 Point/5 min</b>
Boxing/sparring Martial arts Rope jumping Running, 6 mph Soccer -vigorous Swimming - vigorous X-C skiing – vigorous
<b>1 Point/6 min</b>
Basketball – game Bicycling 12-15 mph Calisthenics-vigorous Carrying heavy loads Circuit training Football Hockey Rock climbing Running, 5 mph X-C skiing–moderate Snow shoeing Swimming–moderate Tennis, singles Volleyball, beach Walking upstairs
<b>1 Point/10 min</b>
Aerobic – general Backpacking/hiking Bicycling 10-12 mph Bicycling stationary Canoeing - moderate Dancing – aerobic, fast Jet-skiing, water Jogging < 5 mph Moving boxes Rowing – moderate Shoveling snow Skating – vigorous Skiing-moderate Sledding Soccer – moderate Swimming-leisure Tennis – doubles Weight lifting-vigorous

Date	Activity	Length of Time	Points	Sub-total
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				
21				
22				
23				
24				
25				
26				
27				
28				
29				
30				
31				

<b>1 Point/12 min</b>
Badminton Basketball – shooting Construction/remodel Dancing Golf – without cart Health Club – general Housework – vigorous Hunting Kayaking Mowing lawn –walking Play w/kids – vigorous Skate/Roller blade Softball or Baseball Volleyball – vigorous Walking – brisk, 4 mph Yard work, raking etc.
<b>1 Point/15 min</b>
Archery Auto Repair Bicycling <10 mph Bowling Canoeing – light Golf – using motor cart Home repair–carpentry, Plumbing, etc. Horseback riding Housework – cleaning Music–vigorous, drums Play w/kids – moderate Sailing/sail board Snowmobiling Stretching, Yoga Table tennis Walk – moderate 3 mph Water Aerobics Weight Lift – moderate
<b>1 Point/20 min</b>
Billiards/pool Cooking Fishing Mowing lawn – riding Music playing –general Playing catch Play w/kids – light Walking – slow 2 mph Yard games – Croquet, frisbee, darts, etc

Total Points

Multiply by calories/point (see weight chart) x \_\_\_\_\_

Total calories burned this month

**Approximate calories burned during activity**  
 1 point = 40 calories for a 105 pound person  
 1 point = 50 calories for a 130 pound person  
 1 point = 60 calories for a 155 pound person  
 1 point = 70 calories for a 180 pound person  
 1 point = 80 calories for a 210 pound person  
 1 point = 90 calories for a 235 pound person  
 1 point = 100 calories for a 260 pound person  
 Resting Metabolic Rate = about 1 to 2 points/hr

\* Calories are calculated based on research data from Medicine and Science in Sports and Exercise - the official journal of the American College of Sports Medicine.