

# MOVEMENT LOG // GET STARTED!



## Get Started with ParticipACTION!

### LET'S TALK INTENSITY!

**Light** – your body is moving, but you're not sweating or breathing harder. You should have no problem singing or holding a conversation.

**Moderate** – causes you to sweat a little and to breathe harder. You should still be able to talk, but not sing along to your favourite song.

**Vigorous** – causes you to sweat and be out of breath. You shouldn't be able to say more than a few words without pausing for a breath.



**PARTICIPACTION**

 **My active goal:**

You've set a goal. Now you need to keep track of how you're doing on your quest to reach that goal. Tracking allows you to see where you have been and where you are going. Just like with goal setting, writing it down keeps your goal top-of-mind and holds you accountable. Remember: those who track, stay on track.

 <b>Week of:</b>	<b>ACTIVITY</b> What did you do?	<b>DURATION</b> How long did you do it?	<b>INTENSITY</b> How hard did you work? Light, moderate or vigorous?
<b>Monday</b>			
<b>Tuesday</b>			
<b>Wednesday</b>			
<b>Thursday</b>			
<b>Friday</b>			
<b>Saturday</b>			
<b>Sunday</b>			

# MOVEMENT LOG // CONT'D

## End-of-week reflection



**Challenges and roadblocks:** List any obstacles you encountered this week.



**Wins and progress:** Because life gets better when you focus on the good stuff!

