



ACTIVE TRANSPORTATION



Transit Journal

Adults need 150 minutes of moderate-to-vigorous activity per week. Work your way there by choosing active transportation (walking, running, cycling, wheeling) and track it with an app or jot it down on paper. Use this simple chart to record your accomplishments and monitor your mood and energy level. You may be pleasantly surprised.

There are many ways to track your activity.

Here are a few:

- Download a mobile phone app like [Moves](#)
- Use a wearable activity tracker
- Make note of it the old-fashioned way using our Active Transportation Journal
- Use your phone's proprietary fitness tracker

Day	Activity	Minutes	Mood	Energy
Monday			☹️ 😐 😊	😊 😊 😊
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Total:

Better mood?
 No YES!

More energy?
 No YES!