

Instructions for Logging Your Exercise and Health Tests

Log your exercise in aerobic miles. Here's how to convert some other activities to aerobic miles:

1. Count 1 aerobic mile for every 10 minutes of continuous, vigorous activity, such as biking at 14+ miles per hour; jogging at 12 or less minutes per mile; playing racquetball, soccer, or competitive basketball; skiing without stopping; hiking with a pack on a hilly trail; race walking; swimming laps at a fast pace; and other vigorous sports.
2. Count 1 aerobic mile for every 16–20 minutes of moderate activity, such as walking at a pace of 16-20 minutes per mile; hiking trails at a moderate pace; biking at 10-12 miles per hour; swimming laps at a moderate pace; mowing with a walk-behind mower; active gardening; playing doubles tennis; participating in low-impact aerobics; and other moderate-intensity activities.
3. If you use a pedometer to track the number of steps you take during a day, count 1 aerobic mile for every 2,000 steps above the average number of steps you took daily before starting a fitness programme. (For most people, that would be about 3,500 steps daily.) For the purposes of illustration, let's say you took 3,500 steps daily before starting your exercise programme and you now take 8,500 steps daily. To convert that to aerobic miles, subtract 3,500 from 8,500 and divide the result - 5,000 - by 2,000, giving you 2.5 aerobic miles to record in your log.

Log your weight as taken weekly at the same time of day. Log your blood pressure and A1C test results quarterly. A BMI of less than 25 is ideal; to be healthy, you must have a BMI of less than 30.

Set goals for yourself. For example, set a long-term goal of getting 15 aerobic miles' worth of exercise per week. Then set a short-term goal of 6 aerobic miles per week (for instance, walking 2 miles a day, 3 times per week). As your fitness increases, keep adding more aerobic miles until you reach your long-term goal. Keep your blood pressure lower than 130/80 mmHg and your A1C less than 7 percent if you're diabetic; less than 5.7% if you aren't.

Exercise and Health Tests Log *[Use this log to track your physical activity and health tests.]*

Exercise log for: _____

Starting date: _____

Week	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Weekly Totals / Weight
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								
13								

Quarterly: Blood pressure: _____ / _____.

A1C test: _____%.

BMI at end of quarter: _____.