### Physical Activity

<table>
<thead>
<tr>
<th>Description</th>
<th>Hrs/Min</th>
<th>Intensity</th>
<th>Calories Burned</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Low</td>
<td>Med</td>
</tr>
</tbody>
</table>

#### Notes:

__________________________________________________________________
__________________________________________________________________
__________________________________________________________________

Total Calories taken in vs. expended:

\[
\text{Total Eaten} - \text{Total Expended} - \text{BMR} = \text{Total Caloric Surplus/(Deficit)}
\]

Use this physical activity log, or go online to find other exercise logs and more physical activity information! Here are some accredited fitness websites:

- [http://www.fitday.com](http://www.fitday.com)
- [http://www.fitwatch.com](http://www.fitwatch.com)