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Date

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Day #

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Day of the Week**Physical Activity**

Description	Hrs/Min	Intensity			Calories Burned
		Low	Med	High	
					<b>Total:</b>

**Notes:** \_\_\_\_\_\_\_\_\_\_  
\_\_\_\_\_**Total Calories taken in vs. expended:**

$$\begin{array}{ccccccc} \underline{\hspace{2cm}} & - & \underline{\hspace{2cm}} & - & \underline{\hspace{2cm}} & = & \boxed{\hspace{2cm}} \\ \text{Total Eaten} & & \text{Total Expended} & & \text{BMR} & & \text{Total Caloric Surplus/(Deficit)} \end{array}$$

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.changingshape.com/exercise/journal/>

<http://www.fitday.com>

<http://www.fitwatch.com>