

# N EXTENSION

## PHYSICAL ACTIVITY TRACKING

Physical activity is any movement of the body that uses energy such as walking, yard work, or dancing. Physical activity, when performed for at least 30 minutes a day, has many health benefits including lowering the risk of heart disease. Aim for moderate to vigorous intensity which elevates heart and breathing rates. Incorporate resistance training to strengthen muscles and bones twice per week on non-consecutive days.

Date	Description	Duration	Notes
8/1/25	Walk outside	30 min	'Hill route'; Average Heart Rate 138

### SMART Goal:

My nutrition goal:

### Notes:

My body's favorite type of movement:

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