

# Healthy Heart Worksheet



Name: \_\_\_\_\_

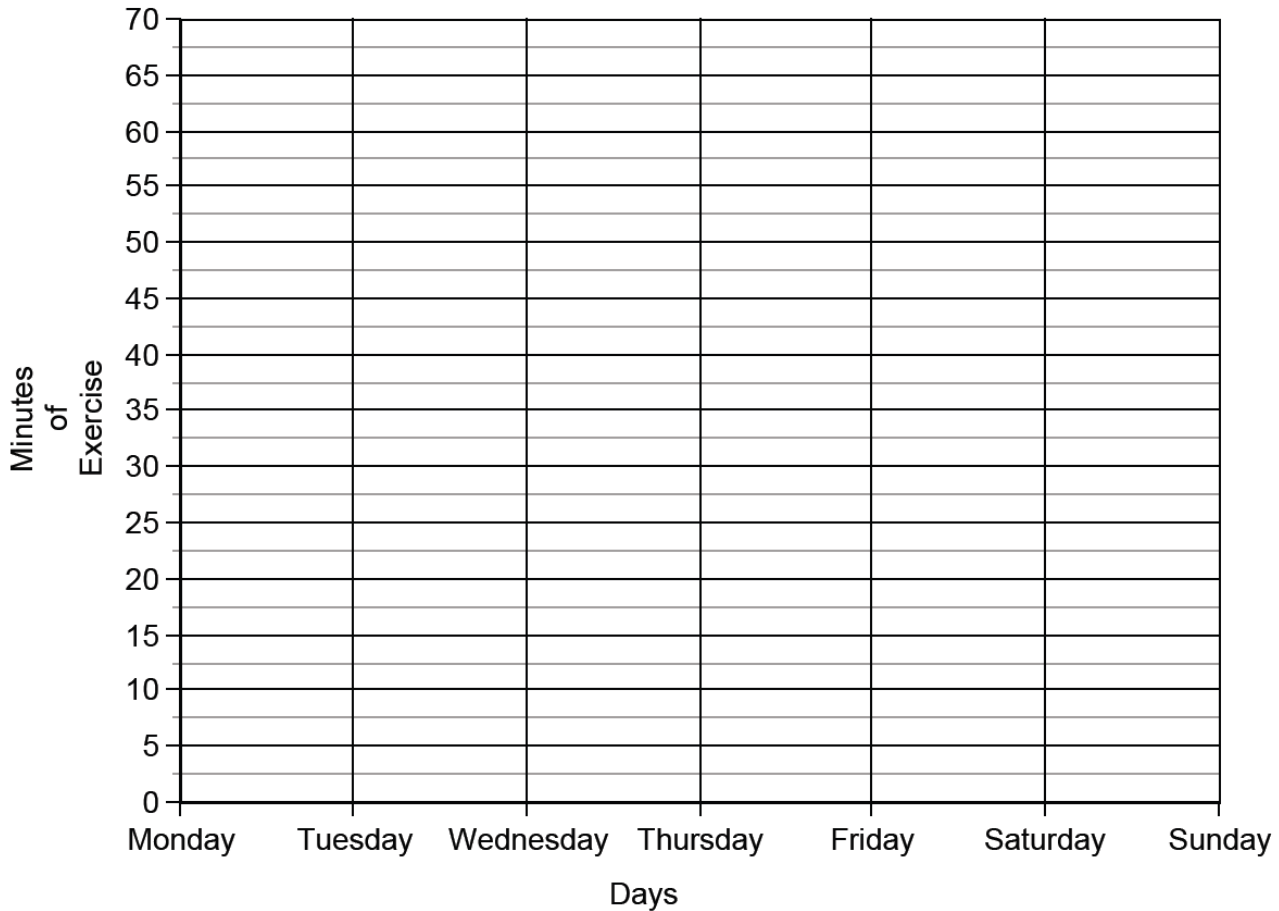
Date: \_\_\_\_\_

	How many minutes did you exercise?	Use tally marks to show total minutes of daily exercise.	List the activities you did.
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Total			

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Plot the minutes of exercise you got each day on the chart below.

Healthy Heart Fitness Graph



How many more minutes of exercise did you get on the day you exercised the most compared to the day you exercised the least?

How close did you get to the goal of 60 minutes of exercise per day?

Monday \_\_\_\_\_ Friday \_\_\_\_\_

Tuesday \_\_\_\_\_ Saturday \_\_\_\_\_

Wednesday \_\_\_\_\_ Sunday \_\_\_\_\_

Thursday \_\_\_\_\_

