MYKNEE EXERCISE

Physical Activity Log Book

For each week:

1. Record the physical activity you plan to do. Tick off the days you do the activity and/or
2. If you're counting your daily steps. Record your daily step goal. Record how many steps you do each day.

WEEK BEGINNING…	ACTIVITY / STEP COUNT GOAL	MON	TUES	WED	THUR	FRI	SAT	SUN
5/10/2018	*Gardening for 30 minutes*						✓	✓
	Daily steps: 6000	*5432*	*4563*	*5600*	*6032*	*5896*	*6121*	*6244*

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WEEK BEGINNING...	ACTIVITY / STEP COUNT GOAL	MON	TUES	WED	THUR	FRI	SAT	SUN