



# Interior Health

## Physical Activity Log Record

Date	Type of Activity	Walk Time or Distance / Steps	Comments: (How do you feel?)

### Points to Remember:

- Always do a proper warm up and cool down (5+ minutes each)
- Exercise should always feel comfortable (talk test)
- Going slower and longer is more important than going faster
- Do not exercise if you feel unwell

### The TALK TEST is a great way to check how hard you are working: Always listen to your body!

Your walking effort is just right if:

- ✓ you can walk and talk at the same time
- ✓ you break a light sweat
- ✓ you feel a little warm
- ✓ you are breathing deeper than usual but not gasping for air



You are working too hard if:

- ✗ You are unable to talk comfortably
- SLOW DOWN OR STOP!**



You are not working very hard if:

- ✗ You can sing



