

# Simple Activity Log

Email your completed log to [cwmp@queens.org](mailto:cwmp@queens.org).

## INSTRUCTIONS

1. Using a phone app or fitness tracker, log your daily steps under the “Steps” column.
2. For activities that cannot be tracked, use time to calculate the equivalent steps.
  - **15 minutes of the activity = 1,000 steps**
3. At the end of each day, add up all your activity and enter your **Daily Total**.
4. At the end of the week, add your total steps to get your **average** steps.
  - See Tab 6 in binder for more detailed instructions.
5. Try to increase your activity gradually, adding 500 steps each week.
  - Your PRE-surgery goal is 5,000 average daily steps.
  - Your POST-surgery goal is 10,000 average daily steps.

WEEK 1						
Date	Steps <small>(Phone app, FitBit, etc.)</small>	Tension Bands/Weights	Bike	Swim	Other	Daily Total
Sample	2000	1000 <i>(15 min)</i>		2000 <i>(30 min)</i>		5000
A journey starts with a single step – you’re on your way!					<b>Total:</b> <small>(add 7 daily totals)</small>	
					<b>Average:</b> <small>(divide Total by 7)</small>	

WEEK 2						
Date	Steps <small>(Phone app, Fitbit, etc.)</small>	Tension Bands/Weights	Bike	Swim	Other	Daily Total
Way to stick with it – you’re creating a good habit!					<b>Total:</b> <small>(add 7 daily totals)</small>	
					<b>Average:</b> <small>(divide Total by 7)</small>	

WEEK 3						
Date	Steps (Phone app, Fitbit, etc.)	Tension Bands/Weights	Bike	Swim	Other	Daily Total
Check your progress: Do you feel more energy? <input checked="" type="checkbox"/>					<b>Total:</b>	
Have you increased your steps by 500 since last week? <input checked="" type="checkbox"/>					(add 7 daily totals)	
					<b>Average:</b>	
					(divide Total by 7)	

WEEK 4						
Date	Steps (Phone app, Fitbit, etc.)	Tension Bands/Weights	Bike	Swim	Other	Daily Total
Slow and steady wins the race. Make gradual changes that you can sustain!					<b>Total:</b>	
					(add 7 daily totals)	
					<b>Average:</b>	
					(divide Total by 7)	

WEEK 5						
Date	Steps (Phone app, Fitbit, etc.)	Tension Bands/Weights	Bike	Swim	Other	Daily Total
Take a moment to recognize the effort you have made to be more active and how it makes you feel.					<b>Total:</b>	
					(add 7 daily totals)	
					<b>Average:</b>	
					(divide Total by 7)	

WEEK 6						
Date	Steps (Phone app, Fitbit, etc.)	Tension Bands/Weights	Bike	Swim	Other	Daily Total
By being active, you are nourishing your physical body and promoting wellness!					<b>Total:</b> (add 7 daily totals)	
					<b>Average:</b> (divide Total by 7)	

WEEK 7						
Date	Steps (Phone app, Fitbit, etc.)	Tension Bands/Weights	Bike	Swim	Other	Daily Total
Strive for progress not perfection! Are your steps increasing?					<b>Total:</b> (add 7 daily totals)	
					<b>Average:</b> (divide Total by 7)	

WEEK 8						
Date	Steps (Phone app, Fitbit, etc.)	Tension Bands/Weights	Bike	Swim	Other	Daily Total
Another month of increased activity. You are now developing lifestyle changes!					<b>Total:</b> (add 7 daily totals)	
					<b>Average:</b> (divide Total by 7)	

WEEK 9						
Date	Steps <small>(Phone app, Fitbit, etc.)</small>	Tension Bands/Weights	Bike	Swim	Other	Daily Total
It's less about the number on the scale and more about how exercise makes your mind and body feel!					<b>Total:</b> <small>(add 7 daily totals)</small>	
					<b>Average:</b> <small>(divide Total by 7)</small>	

WEEK 10						
Date	Steps <small>(Phone app, Fitbit, etc.)</small>	Tension Bands/Weights	Bike	Swim	Other	Daily Total
To maintain your motivation try different forms of activity: tension bands, nature walk with a friend, etc.					<b>Total:</b> <small>(add 7 daily totals)</small>	
					<b>Average:</b> <small>(divide Total by 7)</small>	

WEEK 11						
Date	Steps <small>(Phone app, Fitbit, etc.)</small>	Tension Bands/Weights	Bike	Swim	Other	Daily Total
Way to go! You're improving your health! Keep it up!					<b>Total:</b> <small>(add 7 daily totals)</small>	
					<b>Average:</b> <small>(divide Total by 7)</small>	