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ACTIVITY TRACKER

DAY/DATE: _____

ACTIVITY	INTENSTIY LEVEL	10-MINUTE BOUTS	30-MINUTE BOUTS	TOTAL MINUTES
HOUSEWORK	Light			
	Moderate/Vigorous			
OCCUPATION	Light			
	Moderate/Vigorous			
LEISURE	Light			
	Moderate/Vigorous			
GARDENING	Light			
	Moderate/Vigorous			
SPORTS	Light			
	Moderate/Vigorous			
WALKING	Light			
	Moderate/Vigorous			
STAIRS	Light			
	Moderate/Vigorous			