

SESSION 6: Tracking Your Physical Activity



Session Focus

Tracking your minutes of activity each day can help you manage your weight.

This session we will talk about:

- The purpose of tracking
- How to track your activity

You will also make a new action plan!

How to Track Your Activity



Ways to time your activity include:

- Watch
- Clock
- Timer
- Fitness tracker
- Smart phone apps
- Computer apps



Ways to record your minutes of activity include:

- Spiral notebook
- Spreadsheet
- Fitness tracker
- Smart phone apps
- Computer apps
- Voice recording

Ultimately, you'll want to record your minutes in your Fitness Log.

How to Cope With Challenges

It can be challenging to track your activity. Here are some common challenges and ways to cope with them. Write your own ideas in the column that says "Other Ways to Cope." Check off each idea you try.

CHALLENGE	WAYS TO COPE	OTHER WAYS TO COPE
I'm too busy	<input type="checkbox"/> Make time to track <input type="checkbox"/> Remember why you are tracking – to manage your weight!	
I have trouble reading and writing	<input type="checkbox"/> Record your voice with a smart phone or other device <input type="checkbox"/> Ask friends or family members to write your minutes on your fitness log	
I keep forgetting	<input type="checkbox"/> Make tracking a part of your daily routine <input type="checkbox"/> Put a reminder on your phone or computer <input type="checkbox"/> Set a timer <input type="checkbox"/> Leave yourself notes where you'll see them <input type="checkbox"/> Ask friends and family to remind you	
I don't like to track	<input type="checkbox"/> Post your results on the wall or online <input type="checkbox"/> Give yourself a small, nonfood reward for meeting your activity goals <input type="checkbox"/> Compete with a friend – see who can do the most minutes of activity <input type="checkbox"/> Try smart phone and computer apps	