



PHYSICAL ACTIVITY LOG

If you are a healthy woman with an uncomplicated healthy term pregnancy with a vaginal delivery you can begin to integrate daily physical activities with your baby as soon as you feel up to it. Common sense prevails!

Keep track of your physical activity habits using the **Physical Activity Log**. By tracking your physical activity each day you will better see how your fitness improves over time. Carry your log with you to record your daily activities.

Day	Type (What activities did I do?)	Time (How long was I active for?)	Intensity (How intense was my effort?)	Wellness (How healthy are my habits?)
Monday	<input type="checkbox"/> Aerobic Endurance (i.e. Walk, Run, Swim) <input type="checkbox"/> Strength (i.e. Weights, Pilates) <input type="checkbox"/> Flexibility (i.e. Stretches, Yoga)	<input type="checkbox"/> 10-30 min <input type="checkbox"/> 30-60 min <input type="checkbox"/> More than 60 min	<input type="checkbox"/> Weak Effort <input type="checkbox"/> Moderate Effort <input type="checkbox"/> Strong Effort	Eating 😊 <input type="checkbox"/> 😐 <input type="checkbox"/> ☹️ <input type="checkbox"/> Sleeping 😊 <input type="checkbox"/> 😐 <input type="checkbox"/> ☹️ <input type="checkbox"/> Energy 😊 <input type="checkbox"/> 😐 <input type="checkbox"/> ☹️ <input type="checkbox"/> Stress Level 😊 <input type="checkbox"/> 😐 <input type="checkbox"/> ☹️ <input type="checkbox"/>
Tuesday	<input type="checkbox"/> Aerobic Endurance (i.e. Walk, Run, Swim) <input type="checkbox"/> Strength (i.e. Weights, Pilates) <input type="checkbox"/> Flexibility (i.e. Stretches, Yoga)	<input type="checkbox"/> 10-30 min <input type="checkbox"/> 30-60 min <input type="checkbox"/> More than 60 min	<input type="checkbox"/> Weak Effort <input type="checkbox"/> Moderate Effort <input type="checkbox"/> Strong Effort	Eating 😊 <input type="checkbox"/> 😐 <input type="checkbox"/> ☹️ <input type="checkbox"/> Sleeping 😊 <input type="checkbox"/> 😐 <input type="checkbox"/> ☹️ <input type="checkbox"/> Energy 😊 <input type="checkbox"/> 😐 <input type="checkbox"/> ☹️ <input type="checkbox"/> Stress Level 😊 <input type="checkbox"/> 😐 <input type="checkbox"/> ☹️ <input type="checkbox"/>
Wednesday	<input type="checkbox"/> Aerobic Endurance (i.e. Walk, Run, Swim) <input type="checkbox"/> Strength (i.e. Weights, Pilates) <input type="checkbox"/> Flexibility (i.e. Stretches, Yoga)	<input type="checkbox"/> 10-30 min <input type="checkbox"/> 30-60 min <input type="checkbox"/> More than 60 min	<input type="checkbox"/> Weak Effort <input type="checkbox"/> Moderate Effort <input type="checkbox"/> Strong Effort	Eating 😊 <input type="checkbox"/> 😐 <input type="checkbox"/> ☹️ <input type="checkbox"/> Sleeping 😊 <input type="checkbox"/> 😐 <input type="checkbox"/> ☹️ <input type="checkbox"/> Energy 😊 <input type="checkbox"/> 😐 <input type="checkbox"/> ☹️ <input type="checkbox"/> Stress Level 😊 <input type="checkbox"/> 😐 <input type="checkbox"/> ☹️ <input type="checkbox"/>
Thursday	<input type="checkbox"/> Aerobic Endurance (i.e. Walk, Run, Swim) <input type="checkbox"/> Strength (i.e. Weights, Pilates) <input type="checkbox"/> Flexibility (i.e. Stretches, Yoga)	<input type="checkbox"/> 10-30 min <input type="checkbox"/> 30-60 min <input type="checkbox"/> More than 60 min	<input type="checkbox"/> Weak Effort <input type="checkbox"/> Moderate Effort <input type="checkbox"/> Strong Effort	Eating 😊 <input type="checkbox"/> 😐 <input type="checkbox"/> ☹️ <input type="checkbox"/> Sleeping 😊 <input type="checkbox"/> 😐 <input type="checkbox"/> ☹️ <input type="checkbox"/> Energy 😊 <input type="checkbox"/> 😐 <input type="checkbox"/> ☹️ <input type="checkbox"/> Stress Level 😊 <input type="checkbox"/> 😐 <input type="checkbox"/> ☹️ <input type="checkbox"/>
Friday	<input type="checkbox"/> Aerobic Endurance (i.e. Walk, Run, Swim) <input type="checkbox"/> Strength (i.e. Weights, Pilates) <input type="checkbox"/> Flexibility (i.e. Stretches, Yoga)	<input type="checkbox"/> 10-30 min <input type="checkbox"/> 30-60 min <input type="checkbox"/> More than 60 min	<input type="checkbox"/> Weak Effort <input type="checkbox"/> Moderate Effort <input type="checkbox"/> Strong Effort	Eating 😊 <input type="checkbox"/> 😐 <input type="checkbox"/> ☹️ <input type="checkbox"/> Sleeping 😊 <input type="checkbox"/> 😐 <input type="checkbox"/> ☹️ <input type="checkbox"/> Energy 😊 <input type="checkbox"/> 😐 <input type="checkbox"/> ☹️ <input type="checkbox"/> Stress Level 😊 <input type="checkbox"/> 😐 <input type="checkbox"/> ☹️ <input type="checkbox"/>
Saturday	<input type="checkbox"/> Aerobic Endurance (i.e. Walk, Run, Swim) <input type="checkbox"/> Strength (i.e. Weights, Pilates) <input type="checkbox"/> Flexibility (i.e. Stretches, Yoga)	<input type="checkbox"/> 10-30 min <input type="checkbox"/> 30-60 min <input type="checkbox"/> More than 60 min	<input type="checkbox"/> Weak Effort <input type="checkbox"/> Moderate Effort <input type="checkbox"/> Strong Effort	Eating 😊 <input type="checkbox"/> 😐 <input type="checkbox"/> ☹️ <input type="checkbox"/> Sleeping 😊 <input type="checkbox"/> 😐 <input type="checkbox"/> ☹️ <input type="checkbox"/> Energy 😊 <input type="checkbox"/> 😐 <input type="checkbox"/> ☹️ <input type="checkbox"/> Stress Level 😊 <input type="checkbox"/> 😐 <input type="checkbox"/> ☹️ <input type="checkbox"/>
Sunday	<input type="checkbox"/> Aerobic Endurance (i.e. Walk, Run, Swim) <input type="checkbox"/> Strength (i.e. Weights, Pilates) <input type="checkbox"/> Flexibility (i.e. Stretches, Yoga)	<input type="checkbox"/> 10-30 min <input type="checkbox"/> 30-60 min <input type="checkbox"/> More than 60 min	<input type="checkbox"/> Weak Effort <input type="checkbox"/> Moderate Effort <input type="checkbox"/> Strong Effort	Eating 😊 <input type="checkbox"/> 😐 <input type="checkbox"/> ☹️ <input type="checkbox"/> Sleeping 😊 <input type="checkbox"/> 😐 <input type="checkbox"/> ☹️ <input type="checkbox"/> Energy 😊 <input type="checkbox"/> 😐 <input type="checkbox"/> ☹️ <input type="checkbox"/> Stress Level 😊 <input type="checkbox"/> 😐 <input type="checkbox"/> ☹️ <input type="checkbox"/>