

Journey to Wellness — A free self-guided healthy living program

Exercise for your heart

It is recommended that healthy adults try to get at least 150 minutes of moderate aerobic activity, 75 minutes of vigorous aerobic activity, or an equal combination of moderate and vigorous activity each week.

Use the tool below to help you stay on track this month. If you are new to exercise, start slow, focus on your progress and don't compare yourself with others. Focus on why you want to get or stay heart-healthy.

Date	Type of aerobic activity	Total minutes	How I felt before activity	How I felt after my activity

Print this sheet or save it to your desktop for digital tracking.

Date	Type of aerobic activity	Total minutes	How I felt before activity	How I felt after my activity



mayoclinichealthsystem.org/journey