Activity Pacing Worksheet

Activity	GOAL	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Walking	**Active:** 7 minutes **Resting:** 10 minutes	**Active:** 4 minutes **Resting:** 15 minutes	**Active:** 5 minutes **Resting:** 15 minutes	**Active:** 9 minutes **Resting:** 12 minutes	**Active:** 5 minutes **Resting:** 12 minutes	**Active:** 6 minutes **Resting:** 12 minutes	**Active:** 7 minutes **Resting:** 12 minutes	**Active:** 7 minutes **Resting:** 10 minutes
	Active: **Resting:**	**Active:** **Resting:**	**Active:** **Resting:**	**Active:** **Resting:**	**Active:** **Resting:**	**Active:** **Resting:**	**Active:** **Resting:**	**Active:** **Resting:**
	Active: **Resting:**	**Active:** **Resting:**	**Active:** **Resting:**	**Active:** **Resting:**	**Active:** **Resting:**	**Active:** **Resting:**	**Active:** **Resting:**	**Active:** **Resting:**
	Active: **Resting:**	**Active:** **Resting:**	**Active:** **Resting:**	**Active:** **Resting:**	**Active:** **Resting:**	**Active:** **Resting:**	**Active:** **Resting:**	**Active:** **Resting:**