

# How Can I Keep Track of Physical Activity and Eating?

Taking care of your heart is one of the most important things you can do in life. Planning a healthy diet and a physical activity program is the key to success. Prepare yourself by...

- Being committed to change.
- Setting specific and realistic goals.
- Thinking about possible roadblocks.
- Deciding how to deal with problems.
- Not being discouraged by minor setbacks.

## My activity log

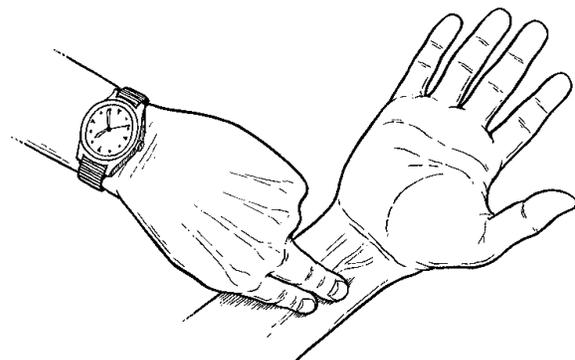
Develop a 4-to-8-week plan with your healthcare professional. Use this sample chart to keep track of your efforts.

Sample Plan: I plan to walk for 30 to 60 minutes 5 or more times each week

Date	Type of Physical Activity	Total Minutes	How I felt

## Your target heart rate

If your goal is to improve the fitness of your heart and lungs, you should bring your heart rate to a range called the “target heart rate zone.” When you stop exercising, quickly take your pulse to find out your heartbeats per minute, bpm (see picture). Figure your maximum heart rate by subtracting your age from 220. Your target heart rate zone should be 50 to 85% of your maximum heart rate. So, if you’re 50 years old, your maximum heart rate is 170 and your target heart rate zone is 85 to 127.



To get your pulse rate, count the number of beats for 10 seconds and multiply by 6. Ask your healthcare professional to teach you how to know if you’re exercising within your target heart rate zone.

## My eating plan

Talk about your diet with your doctor, nurse or dietitian. Together, fill in your goals in the blanks below. Then use the sample chart to keep track of what you eat every day.

\_\_\_\_\_ No. of calories per day

\_\_\_\_\_ No. of grams of saturated fat per day

\_\_\_\_\_ Weight (weigh yourself once a week)

Foods to avoid or reduce: \_\_\_\_\_

\_\_\_\_\_

Foods to include or increase: \_\_\_\_\_

\_\_\_\_\_

	No. of Calories	No. of Saturated Fat grams
Breakfast		
Lunch		
Snacks		
Dinner		
Daily Total		

Make a chart like this one to keep track of your daily intake of calories and saturated fat. You can get this information from the Nutrition Facts label on food packages and from books.

## How can I learn more?

1. Talk to your doctor, nurse or other health-care professionals. If you have heart disease or have had a stroke, members of your family also may be at higher risk. It's very important for them to make changes now to lower their risk.
2. Call 1-800-AHA-USA1 (1-800-242-8721) or visit [americanheart.org](http://americanheart.org) to learn more about heart disease.

3. For information on stroke, call 1-888-4-STROKE (1-888-478-7653) or visit [StrokeAssociation.org](http://StrokeAssociation.org).

We have many other fact sheets and educational booklets to help you make healthier choices to reduce your risk, manage disease or care for a loved one.

Knowledge is power, so *Learn and Live!*

## Do you have questions or comments for your doctor?

Take a few minutes to write your own questions for the next time you see your healthcare provider. For example

How much weight should I lose? \_\_\_\_\_

How fast should I lose weight? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Your contribution to the American Heart Association supports research that helps make publications like this possible.

The statistics in this sheet were up to date at publication. For the latest statistics, see the *Heart Disease and Stroke Statistics Update* at [americanheart.org/statistics](http://americanheart.org/statistics).

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