Weekly activity log based on the guidelines

150–300 min moderate activity + strength 2 days

Day	Moderate, min	Vigorous, min	Strength ✓	What I did
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Weekly total	Value
Moderate + 2 × vigorous =	
Strength days:	

> 1 minute of vigorous activity ≈ 2 minutes of moderate activity.