## **MET Tracker**

You can fill in your daily activity on this form. Use one row for each exercise you do throughout your day. You can include exercises that are not part of the program!

Day/Date	Exercise	MET value		Time exercising		Total MET
Monday, 20 Feb	Side leg raise	3.8	x	5 mins	=	19 METs
			x		=	
			x		=	
			x		=	
			х		п	
			x		=	
			x		=	
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			х		=	
			x		=	
			x		=	
			x		=	
			x		=	
			x		=	
			x		=	

## Fill in your daily totals

Add up your daily totals and keep track of them here.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Daily total							