

My Daily3

Choose from the activities listed below based on your recommended fitness level or opt to switch things up—it's completely up to you. Just make sure to add all activities to your daily log to ensure you're making movement a must each day.

- Red dots represent moderate intensity activities
- Blue dots represent vigorous intensity activities

Active Video Gaming

- moderate effort (e.g., aerobic, resistance)
- vigorous effort (e.g., "exergaming")

Aerobics

- low impact
- general
- high impact

● Archery

● Arm Ergometer

● Backpacking

● Badminton

● Baseball or Softball

Basketball

- shooting baskets
- general
- wheelchair

Bicycling

- <10 mph, leisure
- 10–11.9 mph, slow, light effort
- general
- 12–13.9 mph, moderate effort
- BMX biking
- mountain biking
- 14–15.9 mph, fast, vigorous effort
- 16–19 mph, very fast
- >20 mph, racing

How to Measure Moderate Intensity

- Faster breathing—you can talk, but you can't sing
- Walking speed—3.5mph
- Some sweating
- 6,00–10,000 steps per hour

How to Measure Vigorous Intensity

- Heavy breathing—difficult to speak more than a few words without taking a breath
- Walking speed—more than 5 mph
- Heavier sweating
- Over 10,000 steps per hour

Bicycling, stationary

- very light to light effort
- light to moderate effort
- moderate to vigorous effort
- general
- spinning
- vigorous effort
- very vigorous effort

● Boot Camp

● Bowling

Boxing

- punching bag
- sparring
- in ring

● Broomball

Calisthenics (strength)

- light or moderate effort

● Canoeing

Circuit Training (strength)

- Curves™ exercise routines (women)
- moderate effort
- vigorous intensity

● Cleaning/Housework

● Cricket

My Daily3

● Moderate Intensity

● Vigorous Intensity

● Croquet

● Curling

Dancing

● ballroom, slow

● ethnic or cultural dancing

● tap

● ballet, modern, jazz, general

● ballroom, fast

● general

● bench step class, general

● Diving

● Elliptical Trainer

● Exercise Ball (strength)

● Fencing

Football

● playing catch

● flag or touch

Frisbee

● general

● ultimate

Golf

● using power cart

● walking, carrying clubs

● general

● Gymnastics

● Hacky Sack

● Handball

● Health Club Exercise

● Hiking

Hockey

● field

● ice

Home Repair

● general, moderate effort

● general, vigorous effort

● Horseback Riding

● Jet Skiing

Jumping Rope

● slow pace, < 100 skips/min

● moderate pace, 100–120 skips/min

● fast pace, 120–160 skips/min

● Kayaking

● Kickball

● Lacrosse

● Lawn Bowling/Bocce Ball

Martial Arts

● novice pace

● moderate pace

● Mowing Lawn

● Paddle Boarding

● Paddle Boat

● Paddleball

● Pilates (strength)

● Polo, on horseback

● Racquetball

● Raking Leaves

My Daily3

● Moderate Intensity

● Vigorous Intensity

● Rock or Mountain Climbing

Rollerblading

- 9.0 mph, recreational pace
- 11.0 mph, moderate pace
- 13.0–13.6 mph, fast pace

● Ropes Course

● Rowing, stationary

● Rugby

Running

- jog/walk combination
- 4 mph (13 min/mile)
- jogging, general
- jogging, in place
- pushing a wheelchair or baby carrier
- 5 mph (12 min/mile)
- 5.2 mph (11.5 min/mile)
- 6 mph (10 min/mile)
- 6.7 mph (9 min/mile)
- 7 mph (8.5 min/mile)
- 7.5 mph (8 min/mile)
- 8 mph (7.5 min/mile)
- 8.6 mph (7 min/mile)
- 9 mph (6.5 min/mile)
- 10 mph (6 min/mile)
- stairs, up
- 11 mph (5.5 min/mile)
- 13 mph (4.6 min/mile)
- 14 mph (4.3 min/mile)
- 12 mph (5 min/mile)

● Sailing, boat or board

● Shuffleboard

● Skateboarding

Skating

- ice
- roller

● Ski Machine

Skiing

- water or wakeboarding
- snow

● Skindiving/Scuba Diving

● Sledding

● Slide Board

● Slimnastics, Jazzercise

● Snorkeling

Snow Shoeing

- moderate effort
- vigorous effort

Snow Shoveling

- moderate effort
- vigorous effort

● Snowmobiling

● Soccer

● Squash

Stair Climbing

- slow pace
- fast pace

● Stair Treadmill

● Stretching

● Surfing, body or board

My Daily3

● Moderate Intensity

● Vigorous Intensity

Swimming

- laps, freestyle, slow, light or moderate effort
- leisurely, general
- laps, freestyle, fast, vigorous effort

● Table Tennis/Ping Pong

● Tai Chi, Qi Gong

Tennis

- doubles
- singles

Track and Field

- shot, discus, hammer throw
- high jump, long jump, javelin, pole vault
- steeplechase, hurdles

● Trampoline

● Video Exercise Workouts

Volleyball

- volleyball
- beach volleyball in sand

Walking

- 2.5 mph
- walking the dog
- 2.5 mph, downhill
- 2.8–3.2 mph, level, moderate pace
- for pleasure, work break
- pushing a wheelchair, non-occupational
- pushing stroller with child, 2.5–3.1 mph
- 3.5 mph, brisk, for exercise
- 4.0 mph, very brisk pace
- 2.9–3.5 mph, uphill, 1–5% grade
- climbing hills, no load
- race walking
- 4.5 mph, very, very brisk

- 2.9–3.5 mph, uphill, 6% to 15% grade
- 5.0 mph, level, firm surface
- 5.0 mph, uphill, 3% grade

● Wallyball

● Water Aerobics

● Water Jogging

● Water Polo

● Water Volleyball

Water Walking

- moderate effort, moderate pace
- vigorous effort, brisk pace

Weight Training (strength)

- multiple exercises, 8–15 repetitions
- squats, slow or explosive effort
- power lifting or body building, vigorous effort

● Whitewater Rafting

● Windsurfing

● Wrestling

● Yard Work, general

Yoga (strength)

- Nadi Sodhana
- Hatha
- Surya Namaskar
- Power