



Metabolic Dysfunction-Associated Steatotic Liver Disease (MASLD): Physical Activity Tracker

Note: These recommendations are for patients with **metabolic dysfunction-associated steatotic liver disease (MASLD)**, a condition which used to be called **non-alcoholic fatty liver disease (NAFLD)**.

Physical activity intensity guide:

- **Low intensity:** These activities do not change your heart rate. You can still have a normal conversation during the activity. Some examples include walking at a normal pace or stretching and resistance-based exercises.
- **Moderate intensity:** These activities cause your heart rate to increase. You can talk but not sing during the activity. Some examples include brisk walking, running at a moderate (medium) pace, or biking at a moderate pace.
- **High intensity:** These activities cause your heart rate to increase a lot. You can only speak 3-5 words at a time while breathing hard during the activity. Some examples include fast power-walking, running at a fast pace, swimming, or biking at a fast pace. It is important to only exercise at high intensity for shorter periods of time based on your fitness level. Talk with your primary care doctor before doing any high intensity physical activity.

Physical activity categories:

- **Cardio:** These activities make your heart beat faster and make you breathe harder. Examples include brisk walking, riding a bike, swimming, or running.

- **Strength:** These activities make your muscles work against, or "resist," something and focus on building stronger muscles and bones. Examples include lifting weights, doing push-ups, or using resistance bands.
- **Stretching:** These activities work on flexibility and the ability to move your joints and muscles through their full range of motion.

Physical activity duration guide:

Experts recommend the goals below for physical activity duration (your goal could be one, or a combination, of these):

- Do some sort of **moderate cardio activity**, like brisk walking, for at least 2½ hours each week. It is up to you how many days you want to exercise, but it is best to be active at least 3 days a week. Be active for at least 10 minutes at a time. For example, you could:
 - Take a 10-minute walk 3 times a day. Do this 5 days a week.
 - Take a 30-minute walk 3 days a week. On the other 4 days, take a 15-minute walk.
 - Take a 45-minute walk every other day.
- Do more **high intensity activities**, like running, for at least 1¼ hours a week. This activity makes you breathe harder and have a much faster heartbeat than when you are resting. You can spread out these 75 minutes any way you want. It is better to be active at least 3 days a week for at least 10 minutes at a time. For example, you could:
 - Run for 25 minutes, 3 times a week
 - Run for 15 minutes, 5 times a week

MASLD physical activity tracker

Use the tables below to track your physical activity each week.

Week: ____ / ____ / ____ - ____ / ____ / ____
Goals: _____

Date	Activity	Duration (minutes)	Intensity (mark with an X)	Notes
			<input type="checkbox"/> Low <input type="checkbox"/> Moderate <input type="checkbox"/> High	
			<input type="checkbox"/> Low <input type="checkbox"/> Moderate <input type="checkbox"/> High	
			<input type="checkbox"/> Low <input type="checkbox"/> Moderate <input type="checkbox"/> High	
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