

PHYSICAL ACTIVITY DIARY

Use this diary to record any physical activity you do throughout the week – this includes things like walking, using the stairs instead of the lift or carrying light loads as well as sports and going to the gym. Write down how long you do these activities for.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon							
Evening							
How energised did you feel after the activity (on a scale of 1 to 10 – 1 being not at all and 10 being you felt great)							