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## Physical Activity Diary

Use this diary to record any physical activity you do in a week - this includes things like walking, using the stairs instead of the lift as well a sports and going to the gym. Write down how long you spend doing these activities, adults should aim for at least 30 minutes, 5 times a week.

|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Morning |  |  |  |  |  |  |  |
| Afternoon |  |  |  |  |  |  |  |
| Evening |  |  |  |  |  |  |  |

