

Ready to Lose Weight

Together we can lose it!

Join Us
It's all FREE



Physical Activity Diary

Long term goal/s: _____

Name: _____ Goals: 1) _____ 3) _____

Date: ___/___/___ 2) _____ 4) _____

We hope you find this diary helpful in keeping a record of how active you are each day

	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
W/C / /							
W/C / /							
W/C / /							
W/C / /							
W/C / /							
W/C / /							

Ready to Lose Weight

Together we can lose it!

Join Us
It's all FREE



Key:

W = Walking

Da = Dancing

Ga = Gardening

Other Activities= 1) _____

Bw = Brisk Walking

Aq = Aqua class

Cy = Cycling

2) _____

Ho = Heavy Housework

Gy = Gym

Ha = Home activity exercises

Ec = Exercise Class (specify) _____

Sw = Swimming

Tips for filling in your Physical Activity Diary

- Fix this diary to something you see every day (e.g. the fridge/back of a door)
- The example below shows you how to record different activities
- Record all times in minutes
- Use Letters in your diary to shorten the words (e.g. W = Walking)
- If you do an activity that is not listed at the bottom of the table, then make up a shortened word (e.g. Rock Climbing = Rc)

Ready to Lose Weight



City Health Care Partnership

Ready to Lose Weight

Together we can lose it!

Join Us
It's all FREE



Example:

	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
W/C 01/01/08	W=20 Cy=10	Ha=10	Gy=60			Sw=30	

(Walking for 20 minutes)

(Swimming for 30 minutes)

Remember.....

- ♥ Try to build up to doing 30 minutes of moderate intensity physical activity on at least 5 days of the week.
- ♥ Moderate physical activity makes you breathe somewhat heavier than normal and makes you feel warm, but should not be uncomfortable.

Tip.....

- ♥ If 30 minutes continuous physical activity is too much, split it up into 2x15 minutes or 3x10 minutes throughout the day.

Ready to Lose Weight



City Health Care Partnership