



# Physical activity diary

There are some useful FAQs to consider prior to completing your physical activity diary.

## How much activity should I be doing?

The recommendation for physical activity levels is at least 150 minutes of moderate intensity activity as well as strength exercises on two or more days of the week. Aim for this, but remember that those who do the least activity have the most to gain by even small increases in their activity levels.

## What is moderate intensity activity?

Moderate activity will raise your heart rate, and make you breathe faster and feel warmer. One way to tell if you're working at a moderate level is if you can still talk, but you can't sing the words to a song.

## How often should I exercise?

Being physically active does not simply mean playing sport and spending your leisure time exercising. A healthy active lifestyle involves building activity into all aspects of your daily routine. By being active in even small chunks, such as 10 minutes at a time, throughout each and every day is the best approach to sustain increases in your activity by building it into your routines.

## What do I need to think about when planning activity?

Think about the following things when planning your activity:

- Chose local activities and ones that fit into the routine you already have
- Enjoy the activity you chose. One way to achieve this is to do it with friends.
- You do not need to spend lots of money being active – chose activities you can afford such as walking in the park.
- Avoid being reliant on unreliable public transport or other people to succeed doing your activity. It is hard enough to do without having to worry about getting there in the first place.

# Your weekly physical activity diary

Keep track of your activity levels throughout each week and keep old diaries to track progress and share with your healthcare professional

**WEEK STARTING**

Day	Type of activity and amount of effort (include all activities)	Time spent doing each activity (in minutes)	Total number of minutes being active in the day
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			