

Weekly Physical Activity Diary

My goal for this week: I will exercise for ___ days for at least ___ minutes each day, a total of ___ minutes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Planned:	Planned:	Planned:	Planned:	Planned:	Planned:	Planned:
Actual:	Actual:	Actual:	Actual:	Actual:	Actual:	Actual:
Minutes:	Minutes:	Minutes:	Minutes:	Minutes:	Minutes:	Minutes:
Intensity: <input type="checkbox"/> Easy <input type="checkbox"/> Moderate <input type="checkbox"/> Hard	Intensity: <input type="checkbox"/> Easy <input type="checkbox"/> Moderate <input type="checkbox"/> Hard	Intensity: <input type="checkbox"/> Easy <input type="checkbox"/> Moderate <input type="checkbox"/> Hard	Intensity: <input type="checkbox"/> Easy <input type="checkbox"/> Moderate <input type="checkbox"/> Hard	Intensity: <input type="checkbox"/> Easy <input type="checkbox"/> Moderate <input type="checkbox"/> Hard	Intensity: <input type="checkbox"/> Easy <input type="checkbox"/> Moderate <input type="checkbox"/> Hard	Intensity: <input type="checkbox"/> Easy <input type="checkbox"/> Moderate <input type="checkbox"/> Hard
Partners:	Partners:	Partners:	Partners:	Partners:	Partners:	Partners:
Comments:	Comments:	Comments:	Comments:	Comments:	Comments:	Comments:

Summary of what I did this week: I exercised for ___ days for at least ___ minutes each day, a total of ___ minutes.
 Did you reach your goal? If yes, congratulations!! Well done! Don't forget to reward yourself.
 If not, do you know why you didn't and what can you improve on to make sure you reach it next week?

Weekly Physical Activity Diary - Notes

You can use this physical activity diary to help you plan and record your weekly exercise. Print it off and keep it in a prominent place where you will see it daily.

Planning your activity:

I recommend you plan a week ahead (so ideally plan your cavity for the week ahead on ma Sunday). Decide on your overall goal for the week and then have a look at your schedule for the week and realistically decide what is possible and when. Complete the 'Planned' section for each day of the week. Try to be as specific as possible, What cavity? Where? With whom? For how long? i.e, bike along the river trail for 30 minutes with Sue.

Recording your activity:

It is important to complete the diary daily – you'd be amazed at how easily you can forget what you did a few days ago! Write in the 'actual' section what you actually did, you may have planned on a 30 minute walk but perhaps the weather was lovely and you did 40 minutes or you didn't feel like walking so you did a swim instead. Although you have a plan it does need to be flexible. If you didn't do any activity, write down the reason you didn't – this is important, as it will help you to realize what your barriers and challenges are.

So to record, write the activity type in the 'Actual' row, if you have done more than one activity record them all here. In the 'Minutes' column, record the total number of minutes you spent on your combined activity. In the 'Intensity' column record whether on average your activity was easy (E), moderate (M) or hard (H). Moderate means activity at a steady, constant level where you are making an effort (40-60%). Hard is activity at a maximum level (70-100%) which is very tiring and cannot be continued for long periods. In the 'Partners' column write the names of any friends who joined you and use the 'Comments' section for any notes you want to make, maybe how you felt or observations you made. Have look at the sample to see how a completed entry looks.

At the end of the Week:

Review your sheet and record the total number of minutes you did for the week. Note if there are any days you didn't reach your goal and reflect on the reasons why – what strategies can you put in place to avoid the same thing happening next week? If you did reach your goal for the week make sure you congratulate and reward yourself!

Monday

Planned: <i>30 minute walk on the beach</i>
Actual: <i>35 minute walk on the beach</i>
Minutes: <i>35</i>
Intensity: <input type="checkbox"/> Easy <input checked="" type="checkbox"/> Moderate <input type="checkbox"/> Hard
Partners: <i>on my own</i>
Comments: <i>Really enjoyed being out in the fresh air</i>