

Name _____

Date _____



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 as 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							