

Activity Diary



Try to get some walking and everyday activities into your daily routine. As you become fitter you can then include some fitness exercises and/or team sports a few times each week.

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Walking (Steps) per day							
Other Activities*							

* Record these activities in number of 15 minute units.
 Eg: 30 minutes spent Washing the Windows = 2 units. 45 minutes of Aerobics = 3 units.