

my physical activity diary



week starting: _____

	time	activity (description)	intensity light/moderate/vigorous	duration
monday				

total:

	time	activity (description)	intensity light/moderate/vigorous	duration
tuesday				

total:

	time	activity (description)	intensity light/moderate/vigorous	duration
wednesday				

total:

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	time	activity (description)	intensity light/moderate/vigorous	duration
thursday				

total:

	time	activity (description)	intensity light/moderate/vigorous	duration
friday				

total:

	time	activity (description)	intensity light/moderate/vigorous	duration
saturday				

total:

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	time	activity (description)	intensity light/moderate/vigorous	duration
sunday				

total:

weekly summary

total weekly physical activity:

what I'm proud of this week:

notes:

Physical Activity Guidelines: (per week)

- Be active on most, preferably all, days every week
- Within a seven day period, accumulate 150 to 300 minutes (2 ½ to 5 hours) of moderate intensity physical activity or 75 to 150 minutes (1 ¼ to 2 ½ hours) of vigorous intensity physical activity, or an equivalent combination of both moderate and vigorous activities.
- Perform muscle strengthening activities on at least 2 days each week.