

Physical Activity Diary

What activity do you usually do in a week?

- Please keep an accurate and honest diary of how active you have been during a typical week.
- The chart shown below is an example of how to fill in the diary
- On the blank diary on the next page, please record the type of activity that you have done, and how long you did the activity e.g. walked to shop, 10 minutes.
- If you didn't do any activity, please also record this.
- Include any activities that you do, which make you breathe faster and harder than normal and that make you feel warmer e.g. brisk walking, swimming, aerobics, yoga, vigorous hovering, gardening, washing the car.
- This is not a test - it will help the nurse/doctor to see whether you are already active or whether you need to increase your activity levels – an important part of your treatment.

Please bring your completed diary to show the nurse/doctor at your next clinic appointment.

Example diary

	Type of Activity & Number of Minutes doing it	Total Number of minutes doing activity in day
MON	Walked to shop & Back 15 mins Walked dog 15 mins	15+15=30
TUES	Aerobics class – 60 mins	60
WED	Nothing	0
THURS	Mowed lawn 20 mins Walked dog 10 mins	20+10=30
FRI	Walked along beach 30 mins	30
SAT	Housework-hoover, dust 30 mins Washed car 30 mins	30+ 30 = 60
SUN	Game of golf 60	60

Physical Activity Diary

Name..... Date.....

Please complete the diary below:

	Type of Activity & Number of Minutes doing it	Total Number of minutes doing activity in day
MON		
TUES		
WED		
THURS		
FRI		
SAT		
SUN		

Please keep an accurate and honest diary of how active you have been during a typical week, include the type of activity that you have done, and how long you did the activity e.g. walked to shop 10 minutes.

This is not a test it will help the nurse/doctor to see whether you are already active or whether you need to increase your activity levels – an important part of your treatment.

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