



Physical Activity Diary

With this diary you can record any daily activities, the time you spent doing them, the level of intensity and how doing those activities made you feel.

There are two intensity levels for physical activity that raises your breathing rate:

- 'Moderate' activity is any activity that raises your breathing rate. While active at this level, you'd be able to talk but not sing.
- 'Vigorous' activity is exercise where you can't say more than a few words without pausing for breath.

It's recommended adults should do at least 150 minutes (which is 2.5 hours) of moderate activity or 75 minutes (1.25 hours) of vigorous activity per week.

You can also do a combination of both.

Day	What did you do? (Walk, cycle, etc)	For how long	Daily step count	Level of intensity (light, moderate or vigorous)	Benefits of physical activity	On a scale of 1 to 5, how did this make you feel? (5 being very good)	Reasons why you feel that way
1							
2							
3							
4							
5							
6							
7							