

# My physical activity diary

Start by recording your typical week. You can then use this to identify opportunities when you will have time to fit in activity into your week. Check the guidelines and types of activities you should be recording on your diary. You will find an infographic at the end of this document to help you.

## Record your typical week – baseline

	Examples	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
<b>What did you do?</b>	Run, sport, stairs (Vigorous) Walk, cycle, swim (Moderate)								
<b>Time spent (minutes)</b>	<b>Moderate (M)</b> Aim for 150 mins a week								—
	<b>Vigorous (V)</b> Aim for 75 mins a week								—
<b>Strength and Balance</b>	Weights, yoga, dance, tai chi, bowls <input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	—
<b>Sedentary time</b>	Sitting, lying, watching TV (Time spent)								—
<b>How did you feel after your activity? (Colour me in)</b>	More energised, refreshed, healthy, fitter, slept better								

Total moderate activity =

Total vigorous activity =

Total time spent sitting =

# My physical activity diary

Week 1	Examples	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
What did you do?	Run, sport, stairs (Vigorous) Walk, cycle, swim (Moderate)								
Time spent (minutes)	<b>Moderate (M)</b> Aim for 150 mins a week								—
	<b>Vigorous (V)</b> Aim for 75 mins a week								—
Strength and Balance	Weights, yoga, dance, tai chi, bowls <input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	—
Sedentary time	Sitting, lying, watching TV (Time spent)								—
How did you feel after your activity? (Colour me in)	More energised, refreshed, healthy, fitter, slept better								

Total moderate activity =  Total vigorous activity =  Total time spent sitting =

What day worked best for your schedule? .....

What did you enjoy? .....

Could you do more? When? .....

# My physical activity diary

Week 2	Examples	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
What did you do?	Run, sport, stairs (Vigorous) Walk, cycle, swim (Moderate)								
Time spent (minutes)	<b>Moderate (M)</b> Aim for 150 mins a week								—
	<b>Vigorous (V)</b> Aim for 75 mins a week								—
Strength and Balance	Weights, yoga, dance, tai chi, bowls <input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	—
Sedentary time	Sitting, lying, watching TV (Time spent)								—
How did you feel after your activity? (Colour me in)	More energised, refreshed, healthy, fitter, slept better								

Total moderate activity =

Total vigorous activity =

Total time spent sitting =

What day worked best for your schedule? .....

What did you enjoy? .....

Could you do more? When? .....

# My physical activity diary

Week 3		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
<b>What did you do?</b>	Run, sport, stairs (Vigorous) Walk, cycle, swim (Moderate)								
<b>Time spent (minutes)</b>	<b>Moderate (M)</b> Aim for 150 mins a week								—
	<b>Vigorous (V)</b> Aim for 75 mins a week								—
<b>Strength and Balance</b>	Weights, yoga, dance, tai chi, bowls <input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	—
<b>Sedentary time</b>	Sitting, lying, watching TV ( <i>Time spent</i> )								—
<b>How did you feel after your activity? (Colour me in)</b>	More energised, refreshed, healthy, fitter, slept better								

Total moderate activity =  Total vigorous activity =  Total time spent sitting =

You should be starting to get into a routine by now. Can you increase the intensity, frequency or duration?

# My physical activity diary

Week 4	Examples	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
What did you do?	Run, sport, stairs (Vigorous) Walk, cycle, swim (Moderate)								
Time spent (minutes)	Moderate (M) Aim for 150 mins a week								—
	Vigorous (V) Aim for 75 mins a week								—
Strength and Balance	Weights, yoga, dance, tai chi, bowls <input checked="" type="checkbox"/>	<input type="checkbox"/>	—						
Sedentary time	Sitting, lying, watching TV (Time spent)								—
How did you feel after your activity? (Colour me in)	More energised, refreshed, healthy, fitter, slept better								

Total moderate activity =

Total vigorous activity =

Total time spent sitting =

What day worked best for your schedule? .....

What did you enjoy? .....

Could you do more? When? .....

# Physical activity benefits for adults and older adults

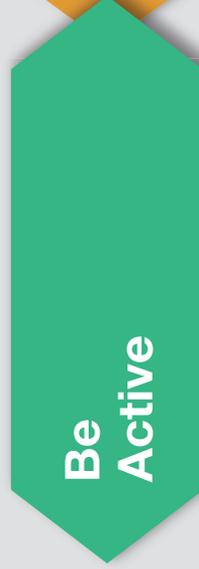
- +** BENEFITS HEALTH
- Zz** IMPROVES SLEEP
- 📍** MAINTAINS HEALTHY WEIGHT
- 🌿** MANAGES STRESS
- 🌙** IMPROVES QUALITY OF LIFE

REDUCES YOUR CHANCE OF

- Type II Diabetes -40%**
- Cardiovascular Disease -35%**
- Falls, Depression and Dementia -30%**
- Joint and Back Pain -25%**
- Cancers (Colon and Breast) -20%**

## What should you do?

For a healthy heart and mind



To keep your muscles, bones and joints strong



To reduce your chance of falls



VIGOROUS



RUN

MODERATE



WALK



SPORT



CYCLE



STAIRS



SWIM



TV



SOFA



COMPUTER



GYM



YOGA



CARRY BAGS



DANCE



TAI CHI



BOWLS

MINUTES PER WEEK

**75** **OR** **150**

VIGOROUS INTENSITY  
(BREATHING FAST, DIFFICULTY TALKING)

**OR** A COMBINATION OF BOTH

MODERATE INTENSITY  
(INCREASED BREATHING, ABLE TO TALK)

BREAK UP SITTING TIME

**2** DAYS PER WEEK

Something is better than nothing. Start small and build up gradually: just 10 minutes at a time provides benefit. **MAKE A START TODAY: it's never too late!**