



Life! Physical activity diary – Version 1



Over a 7 day period, record your daily activities in the table below by marking line(s) so that **each line represents 10 minutes of activity**. Do not include time spent standing while doing activities such as gardening and lawn bowls. Then place a tick in the column with the face that best represents how you felt during each DAY. Please see example below.

	Walking		Gardening or heavier household work	Weight training, dancing, aerobics, other forms of strength training	Tennis, basketball, golf, lawn bowls, other ball sports	Jogging, cycling, swimming, rowing, or other vigorous activities	Total time (minutes)	How did you feel each DAY?		
	Easy	Brisk						😊	😐	😞
<i>Example 1</i> 20 minutes walking and 1 hour gardening		//	### /				80 mins	✓		
Monday										
Tuesday										
Wednesday										
Thursday										
Friday										
Saturday										
Sunday										
Total time for the week for each type of activity (minutes)										

Name: _____