



Life! Physical activity diary – Version 2

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**. Then place a tick in the column with the face that best represents how you felt during each DAY. Please see example below.

| | NON-CONDITIONING PHYSICAL ACTIVITY | CONDITIONING PHYSICAL ACTIVITY | | How did you feel each DAY? ☺ ☹ ☠ | | |
|---|---|--|---|---|--|--|
| | Lifestyle physical activity such as: <ul style="list-style-type: none"> Easy walking Gardening Heavy household work: heavy cleaning, painting from ladder Playing with children: backyard cricket, frisbee | Aerobic exercise such as: <ul style="list-style-type: none"> Brisk walking Jogging Cycling Rowing Swimming | Muscular strength exercise such as: <ul style="list-style-type: none"> Weight training Dancing Ball games Stretching Golf Lawn bowls (exclude time spent standing) | | | |
| <i>Example</i> 20 mins walk to work and 1 hour gardening | ### III | | | ✓ | | |
| Monday | | | | | | |
| Tuesday | | | | | | |
| Wednesday | | | | | | |
| Thursday | | | | | | |
| Friday | | | | | | |
| Saturday | | | | | | |
| Sunday | | | | | | |
| Total time for the week (minutes) | | | | | | |

Name: _____

