

Weekly Activity Record

Physical activity is simply any kind of activity that we do in our day to day lives. It includes a whole range of activities from structured sport and exercise programmes, to housework gardening and other opportunist activities such as walking round the shops.

Experts recommend that adults participate in 30 minutes of moderate intensity activity on at least 5 days each week.

Moderate intensity is the intensity at which you become slightly breathless and may perspire slightly. An example would be brisk walking. On each day the 30 minutes can be done in one go, or in shorter bursts. e.g. 3 x 10 minutes.

If you are exercising with the aim of losing weight, then, along with a healthy diet, you might need to do more than 30 minutes; maybe up to an hour per day.

Use the chart below to record the activities you do each week. If you are just starting out, aim to build up to 5 days per week over a few weeks. Remember, all the activities you do count, including the housework, walking for the bus etc. Use these charts to measure your progress each week.

Week Beginning

Day	Activity	Duration (mins)	Enjoyment (Rate out of 10)

Remember:

- Always take time to warm up and cool down to avoid injury.
- Stop exercising immediately if you feel pain, sick, dizzy or unwell. If these symptoms persist then consult your doctor.

Weekly Activity Record

Physical activity is simply any kind of activity that we do in our day to day lives. It includes a whole range of activities from structured sport and exercise programmes, to housework gardening and other opportunist activities such as walking round the shops.

Experts recommend that adults participate in 30 minutes of moderate intensity activity on at least 5 days each week.

Moderate intensity is the intensity at which you become slightly breathless and may perspire slightly. An example would be brisk walking. On each day the 30 minutes can be done in one go, or in shorter bursts. e.g. 3 x 10 minutes.

If you are exercising with the aim of losing weight, then, along with a healthy diet, you might need to do more than 30 minutes; maybe up to an hour per day.

Use the chart below to record the activities you do each week. If you are just starting out, aim to build up to 5 days per week over a few weeks. Remember, all the activities you do count, including the housework, walking for the bus etc. Use these charts to measure your progress each week.

Week Beginning

Day	Activity	Duration (mins)	Enjoyment (Rate out of 10)

Remember:

- Always take time to warm up and cool down to avoid injury.
- Stop exercising immediately if you feel pain, sick, dizzy or unwell. If these symptoms persist then consult your doctor.