

Activity diary

Write down all the moderate-intensity activity you did over the last week and how much time you spent doing each activity. **Only write down any times when you spent ten minutes or more continuously doing the activity.**

At the end of the week, add up the total time you spent on moderate-intensity activity each day and then work out your total for the week. **For health benefits you should be doing a total of at least 30 minutes of at least moderate-intensity physical activity a day, on five or more days a week.**

Remember that, to improve the health of your heart, you need to do aerobic activity at a moderate intensity, for at least ten minutes at a time.

Day	Moderate-intensity activity Activity that's hard enough to make you breathe more heavily than normal and become slightly warmer	Time (in minutes) spent doing each activity	Total time (in minutes) spent being active each day	Tick the box if you reached the 30-minute target for that day
Example	WALKED KIDS TO SCHOOL CYCLED TO SHOPS WENT SWIMMING	10 10 25	45.	✓

Mon				
Tue				
Wed				
Thur				
Fri				
Sat				
Sun				
Total time I spent being active, this week, in minutes:				
Number of days when I was active for 30 minutes or more per day:				

Go to pages 62–65 to see if you were active enough this week and then go to page 36.