

Weekly Activity Log



Keeping an activity log is a good way to track your activity levels. You can use this information to help you think about how you could make some changes. The template below is designed to help you do this. Tracking your activity levels over a longer period of time is a good way to see how they have improved.

	What?	Type of activity	Time
Example	Brisk walking	Aerobic	30 minutes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
		TOTAL	