

Weekly Activity Log



Keeping an activity log is a good way to track your activity levels, and to help you think about what changes you want to make. A blank template for you to try doing this is provided below. It is recommended to consider how you feel after each bout of activity too, as this can also help you think about what changes you might want to make. Tracking your activity levels over a longer period of time is a good way to see how they have improved.

	What?	Type of activity	Intensity	Time
	e.g., walking	e.g., aerobic	e.g., moderate	e.g., 30 minutes
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				
			TOTAL	