

BEING FITTER AND STAYING ACTIVE

Physical Activity Diary - have a go at completing the table below



To help you understand your current activity levels and where to make changes, fill in your diary for a few typical days and review your entries. You may find that some activities are more helpful and enjoyable. Other activities may be more of a challenge at the moment, so it may be helpful to break them down into small chunks and build up slowly; things will get easier over time with practice. These same questions can guide your thinking and suggest ways in which you might change your daily physical activities.

PHYSICAL ACTIVITY DIARY: MY TYPICAL DAY

Day, time and activity	e.g. Monday walked to see friend: ten minutes	Day + activity + minutes of activity	Day + activity + minutes of activity
6 a.m.			
7 a.m.			
8 a.m.			
9 a.m.			
10 a.m.			

OVERCOMING CHRONIC PAIN

11 a.m.			
12 p.m.			
1 p.m.			
2 p.m.			
3 p.m.			
4 p.m.			
5 p.m.			
6 p.m.			
7 p.m.			
8 p.m.			
9 p.m.			
10 p.m.			
11 p.m.			
12 a.m.			
1 a.m.			
2 a.m.			
3 a.m.			
4 a.m.			
5 a.m.			