



REVIEW YOUR PHYSICAL ACTIVITY DIARY

**Take a look at what you have written in your diary and answer these questions:**

1. From the Physical Activity Diary, how many minutes/hours did I spend physically active each day?

Day 1 \_\_\_\_\_  
\_\_\_\_\_

Day 2 \_\_\_\_\_  
\_\_\_\_\_

2. How many minutes/hours did I spend lying, resting or sitting down? This includes reading, sleeping or on a computer.

Day 1 \_\_\_\_\_  
\_\_\_\_\_

Day 2 \_\_\_\_\_  
\_\_\_\_\_

## OVERCOMING CHRONIC PAIN

3. What kinds of activities seemed to help my pain, stiffness, mood and sleep?

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4. Is there anything I could do differently?

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If you are not sure, think about one or two changes that would be easy to make. This might be walking the dog twice a day, cleaning the bath or shower twice a week, taking a daily walk to the shop, standing to watch the football match.