

2. Daily diary: to track a typical day's activities to help with getting fitter, pacing and goal setting

Examples: 9 a.m. – Stretching – eight minutes.  
 2 p.m. – Walk in park – twelve minutes.

Time	Day and activity, e.g. Wednesday	How many minutes did you do?	Day and activity, e.g. Friday	How many minutes did you do?
6 a.m.				
7 a.m.				
8 a.m.				
9 a.m.				
10 a.m.				
11 a.m.				
12 p.m.				
1 p.m.				
2 p.m.				

