

OVERCOMING WEIGHT PROBLEMS

PHYSICAL ACTIVITY RECORD FORM

Time	Moods or sensations	Activity	Time (minutes)
			L M V*
06.00			
07.00			
08.00			
09.00			
10.00			
11.00			
12.00			
13.00			
14.00			
15.00			
16.00			

## PLANNING AND RECORDING

17.00			
18.00			
19.00			
20.00			
21.00			
22.00			
23.00			
24.00			
01.00			

★ Use this column to record the intensity of your activity. Remember, any movement counts, and aim for moderate level when you can.

Light = gentle activity, general moving around

Moderate = talk but can't sing, a little bit warmer, slightly raised heart rate

Vigorous = out of breath, sweating, heart beating fast

## OVERCOMING WEIGHT PROBLEMS

Important automatic thoughts:  
(Remember to use the  
steps discussed previously to  
investigate these)


Number of minutes being  
active:

Number of steps: