



Your personal activity diary

It's time to get started. Fill this in each day so you can see how you're doing each week.

We don't want this to be a flash in the pan – make sure you've got more copies of your personal activity diary to keep you going.



Day of the week	Type of moderate intensity activity Moderate intensity activities will make you feel warmer, breathe harder and make your heart beat faster than usual, but you should still be able to carry on a conversation.	Time (in minutes) spent doing each activity	Total time (in minutes) spent being active each day
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			