

Activity diary

Here's your 12-week plan! Write down the date of the week, then how many minutes a day you have been active. The aim is 30 minutes a day, 5 or more times per week, so it should add up to 150 minutes total. Remember to build it up gradually and you can even do it in 10-minute blocks – it all counts!



| DATE | Mon | Tue | Wed | Thur | Fri | Sat | Sun | |
|-------------|-----|-----|-----|------|-----|-----|-----|---------------------------------------|
| WEEK | | | | | | | | |
| 1 | | | | | | | | Good start! |
| 2 | | | | | | | | One step at a time |
| 3 | | | | | | | | Don't forget to reward yourself |
| 4 | | | | | | | | Try something new next week |
| 5 | | | | | | | | Bring a friend |
| 6 | | | | | | | | You're halfway there! |
| 7 | | | | | | | | Keep it going |
| 8 | | | | | | | | Can you feel how much fitter you are? |
| 9 | | | | | | | | Notice how positive you're feeling? |
| 10 | | | | | | | | Ten whole weeks – well done! |
| 11 | | | | | | | | Don't give up – almost there |
| 12 | | | | | | | | How good do you feel now? |

See your healthcare professional to check on your progress.

Appointment reminder:.....

My activity goals

Use this sheet to set yourself some goals to work towards. Just start off with one or two activities that you feel you can achieve. Remember that you only need to make small changes to feel the benefit of being more physically active!

As time goes on we recommend setting yourself new goals, so you'll continue to notice the benefits.

I will _____ (insert activity)
on _____ (day and date) at _____ (time)
at _____ (where) for _____ (minutes)

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on _____ (day and date) at _____ (time)
at _____ (where) for _____ (minutes)

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