



Check your progress

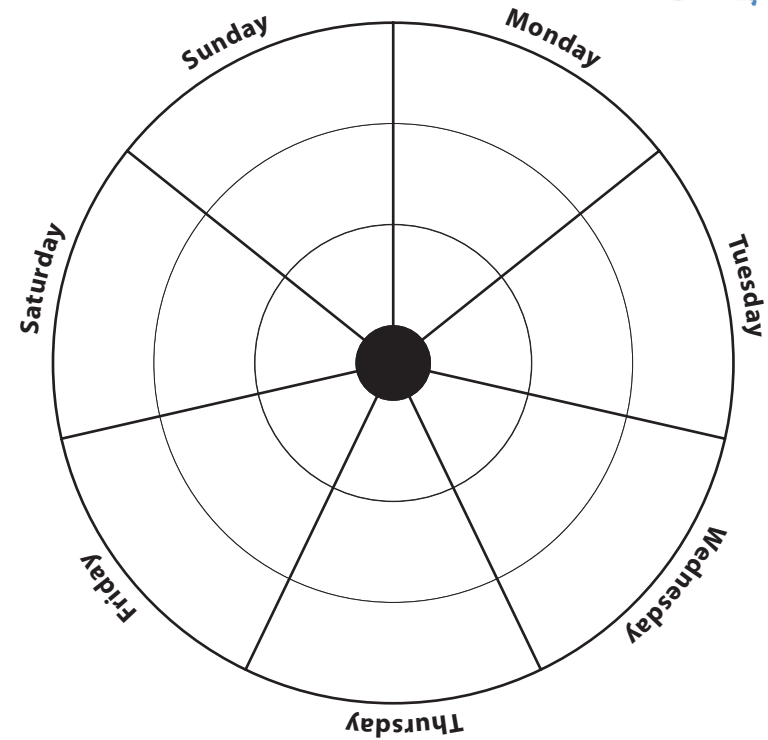
You may have had some successes as well as some difficulties. It's really important you work out how you've done and how close you are to reaching your goals. Let's look at the bigger picture and see where there are gaps.

Each of the sections on this diagram represents a day in the week. Each smaller segment equals ten minutes of moderate intensity activity. For every ten minutes that you've been active on any given day, colour in a section. Fill in segments on the outside of the circle first, then work inwards. Your aim is to do enough activity to hit the bullseye each day.

Come back to this each week and compare the amount of activity you do from week to week to see if you're making progress. Remember the aim is to hit the bullseye by doing 150 minutes of moderate intensity activity every week.



Week



Now mark against the chart below how many minutes you've been active this week. Come back to this each week to compare how you've done. If you put the date each week, you'll be able to track your progress.

