



# Your personal activity diary

Fill in the diary below to see what you're doing and how much of it counts towards your 150 minutes (2½ hours) a week target.



<b>Day of the week</b>	<b>Type of activity</b> Record activities that 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.	<b>Time (in minutes) spent doing each activity</b>	<b>Total time (in minutes) spent being active each day</b>
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			