



British Heart  
Foundation

**10 MINUTES TO  
CHANGE YOUR LIFE**  
Your challenge



**FIGHT  
FOR EVERY  
HEARTBEAT**

[bhf.org.uk](http://bhf.org.uk)

# Time to get moving

## Your 10 minute challenge

Take a few minutes every day for a week to write down when you're active – remember every ten minutes of activity counts.

You're in control – by taking the time to make small changes to your lifestyle, you can help keep your heart healthy – and change your life.

Day	Type of activity	Time spent in minutes
1		
2		
3		
4		
5		
6		
7		

At the end of the week, look back over what you did and answer these questions.

Were you active every day?

Yes

No

What do you need to do to work up to at least 150 minutes a week of activity that makes you feel warmer, breather harder and make your heart beat faster than usual?

Did anything stop you from being active?

Set yourself an activity goal over the next month. Make sure it's measurable and you set yourself a date to complete it by.

Were most of the activities you did gentle or more energetic?

**Example:** I will take the dog for a walk four times a week in March. I will sign up for football and go every week.

Target date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_