



Moving Medicine

Physical Activity Diary

How much physical activity should you be doing?

Anyone who is aged between the ages of 5-18 years of age should be aiming to get 60 minutes of physical activity every day. This does not need to be continuous and can be broken up into smaller bits throughout the day.

How should I be feeling when active?

You should do activities that make you breathe faster and make you feel a little warmer.

What kind of activities should I be doing?

All activities count. You should find something that you enjoy. This may be something that you would like to do in a team, or just by yourself.

There may be activities locally that you perhaps want to get into.

It's important to remember that being physically activity does not need to be expensive

Use the support of family members and friends to become active.

How to use the diary

Use the diary below to plan how you can become physically active. At the end of the day you can rate how you feel you did that day and maybe also think about how you can improve the following day – if you think you can do better. You can use a rating scale of 1-6 – 1 (you perhaps didn't achieve what you wanted to), 6 (did exactly what I planned to).

It is okay if you don't achieve everything you set out to do. Start by getting a bit of physical activity into your daily activity and build on this.



Moving Medicine

Physical Activity Diary

	Week 1	Week 2	Week 3	Week 4
Monday				
How did you do?				
Tuesday				
How did you do?				
Wednesday				
How did you do?				
Thursday				
How did you do?				
Friday				
How did you do?				
Saturday				
How did you do?				
Sunday				
How did you do?				