

Physical activity diary

	Physical Activity	Time Spent
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Totals		

Adults should do some type of physical activity every day. Any type of activity is good for you. The more you do the better but should aim for at least 150 minutes of moderate intensity activity a week or 75 minutes of vigorous intensity activity a week. More information and support at:

www.nhs.uk/better-health/