Physical Activity Diary

Tick the appropriate box every day ✔ if you have performed the activity, ✘ if you haven't*

Strength & Flexibility 2-3 Times per week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
✔	○	○	○	○	○	○	○
✘	○	○	○	○	○	○	○
Aerobic Exercises 5 Times per week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
✔	○	○	○	○	○	○	○
✘	○	○	○	○	○	○	○
Everyday Activities Every Day Get Moving!	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
✔	○	○	○	○	○	○	○
✘	○	○	○	○	○	○	○

*use a pencil so you can rub out the ticks and use it again the following week.