

# Physical Activity Diary

This is a useful tool to help you monitor your physical activity habits and identify where you think you might need to make some changes. Therefore it is important you are completely honest with yourself.



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity							
Intensity (Light, moderate, vigorous)							
Duration							
Activity							
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Duration							

Filling this out will also enable you to take a look back at the changes you have made and how far you have come since you began the course.

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