

# My Physical Activity Diary

Week: \_\_\_\_\_ Month: \_\_\_\_\_

Monday		
Time of Day	Description of Activity (Type and Intensity Level)	Duration

Tuesday		
Time of Day	Description of Activity (Type and Intensity Level)	Duration

Wednesday		
Time of Day	Description of Activity (Type and Intensity Level)	Duration

Thursday		
Time of Day	Description of Activity (Type and Intensity Level)	Duration

Friday		
Time of Day	Description of Activity (Type and Intensity Level)	Duration

Saturday		
Time of Day	Description of Activity (Type and Intensity Level)	Duration

Sunday		
Time of Day	Description of Activity (Type and Intensity Level)	Duration

**Notes:**

