



Exercise Handout 3: Weekly activity record sheet

WEEKLY ACTIVITY RECORD SHEET							
							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon							
Evening							
Pedometer Reading							

Record **nature & length** of exercise and other physical activities (e.g. walking – 10 minutes, housework – 30 minutes) carried out for 10 minutes or longer each day.