

Exercise Handout 3: Weekly Activity Record Sheet

Record the 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.

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------------------|--------|---------|-----------|----------|--------|----------|--------|
| Morning | | | | | | | |
| Afternoon | | | | | | | |
| Evening | | | | | | | |
| Pedometer Reading | | | | | | | |