**MY EXERCISE DIARY**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Keep an exercise diary for the next week. Try and write down all of the exercise you do each day in the boxes.

CHALLENGE: Next to each exercise write down how long you did it for e.g. Walk, 30 minutes. Cycling, 20 minutes. Then complete the ‘Total time exercising’ box by adding together all of the times for that day. E.g. 30 + 20 = 50 minutes of exercise.

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| --- | --- | --- |
| **Day of the week** | **Exercise** | **Total time exercising** |
| Saturday |  |  |
| Sunday |  |  |
| Monday |  |  |
| Tuesday |  |  |
| Wednesday |  |  |
| Thursday |  |  |