Physical Activity and Step-Count Diary

Week 1

Daily Step-Count goal ________
Weekly Step-Count goal ________

Use this diary to record any physical activities you do this week. This includes walking and other physical activities (e.g. cycling, gardening, swimming, heavy housework, exercise classes etc). Write down the approximate time and how long you do them for.

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<th>Day of week</th>
<th>Morning</th>
<th>Afternoon</th>
<th>Evening</th>
</tr>
</thead>
</table>

Daily step-count

Add up the steps from all 7 days to get total weekly step-count:  
Total weekly step-count = ________

Divide the total weekly step-count by 7 to get average daily step-count:  
Average daily step-count = ________

Did I achieve my goal?  
Yes: And my reward was.............................................................................................................................

No / Partly: What got in the way? ..........................................................................................................................
Physical Activity and Step-Count Diary

Week 2  Daily Step-Count goal ________
Weekly Step-Count goal ________

Use this diary to record any physical activities you do this week. This includes walking and other physical activities (e.g. cycling, gardening, swimming, heavy housework, exercise classes etc). Write down the approximate time and how long you do them for.

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<th>Evening</th>
<th>Total daily step-count</th>
</tr>
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</table>

Add up the steps from all 7 days to get total weekly step-count:  
Total weekly step-count = ________

Divide the total weekly step-count by 7 to get average daily step-count:  
Average daily step-count = ________

Did I achieve my goal?  
Yes: And my reward was………………………………………………………………………………………………………………………………………………

No / Partly: What got in the way? …………………………………………………………………………………………………………………………………………………
## Physical Activity and Step-Count Diary

**Week 3**

**Daily Step-Count goal ________**

**Weekly Step-Count goal _________**

Use this diary to record any physical activities you do this week. This includes *walking* and *other physical activities* (e.g. cycling, gardening, swimming, heavy housework, exercise classes etc). Write down the **approximate time** and **how long** you do them for.

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<th>Evening</th>
<th>Daily step-count</th>
</tr>
</thead>
</table>

Add up the steps from all 7 days to get total weekly step-count:

**Total weekly step-count = ________**

Divide the total weekly step-count by 7 to get average daily step-count:

**Average daily step-count = ________**

**Did I achieve my goal?**

*Yes: And my reward was*: ................................................................................................................................................................................

*No / Partly: What got in the way?* ...........................................................................................................................................................................
Use this diary to record any physical activities you do this week. This includes walking and other physical activities (e.g. cycling, gardening, swimming, heavy housework, exercise classes etc). Write down the approximate time and how long you do them for.

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Add up the steps from all 7 days to get total weekly step-count:  
Total weekly step-count = ________

Divide the total weekly step-count by 7 to get average daily step-count:  
Average daily step-count = ________

Did I achieve my goal?  
Yes: And my reward was……………………………………………………………………………………………………………………………………………

No / Partly: What got in the way? ………………………………………………………………………………………………………………………………………………………
Physical Activity and Step-Count Diary

Week 5

Daily Step-Count goal ________
Weekly Step-Count goal ________

Use this diary to record any physical activities you do this week. This includes walking and other physical activities (e.g. cycling, gardening, swimming, heavy housework, exercise classes etc). Write down the approximate time and how long you do them for.

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<th>Afternoon</th>
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<th>Evening</th>
<th>Daily step-count</th>
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</table>

Add up the steps from all 7 days to get total weekly step-count: Total weekly step-count = ________
Divide the total weekly step-count by 7 to get average daily step-count: Average daily step-count = ________

Did I achieve my goal? Yes: And my reward was .................................................................................................................................
No / Partly: What got in the way? .........................................................................................................................................................
### Physical Activity and Step-Count Diary

**Week 6**  
**Daily Step-Count goal ____**  
**Weekly Step-Count goal ____**

Use this diary to record any physical activities you do this week. This includes **walking** and other **physical activities** (e.g. cycling, gardening, swimming, heavy housework, exercise classes etc). Write down the **approximate time** and **how long** you do them for.

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**Daily step-count**

Add up the steps from all 7 days to get total weekly step-count:  
**Total weekly step-count = ____**

Divide the total weekly step-count by 7 to get average daily step-count:  
**Average daily step-count = ____**

Did I achieve my goal?  
Yes: And my reward was .................................................................................................................................

No / Partly: What got in the way? ........................................................................................................................
**Physical Activity and Step-Count Diary**

**Week 7**

**Daily Step-Count goal ________**

**Weekly Step-Count goal ________**

Use this diary to record any physical activities you do this week. This includes walking and other physical activities (e.g. cycling, gardening, swimming, heavy housework, exercise classes etc). Write down the approximate time and how long you do them for.

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**Daily step-count**

Add up the steps from all 7 days to get total weekly step-count:  

**Total weekly step-count = ________**

Divide the total weekly step-count by 7 to get average daily step-count:  

**Average daily step-count = ________**

**Did I achieve my goal?**  
**Yes:** And my reward was................................................................................................................................................................................................................................................................................................................

**No / Partly:** What got in the way? ................................................................................................................................................................................................................................................................................................................
Physical Activity and Step-Count Diary

Week 8

Daily Step-Count goal ________
Weekly Step-Count goal ________

Use this diary to record any physical activities you do this week. This includes walking and other physical activities (e.g. cycling, gardening, swimming, heavy housework, exercise classes etc). Write down the approximate time and how long you do them for.

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<tr>
<th>Daily step-count</th>
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</table>

Add up the steps from all 7 days to get total weekly step-count:

Total weekly step-count = ________

Divide the total weekly step-count by 7 to get average daily step-count:

Average daily step-count = ________

Did I achieve my goal?
Yes: And my reward was.................................................................
No / Partly: What got in the way? .........................................................
Physical Activity and Step-Count Diary

Use this diary to record any physical activities you do this week. This includes walking and other physical activities (e.g. cycling, gardening, swimming, heavy housework, exercise classes etc). Write down the **approximate time** and **how long** you do them for.

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Add up the steps from all 7 days to get total weekly step-count: **Total weekly step-count = ________**

Divide the total weekly step-count by 7 to get average daily step-count: **Average daily step-count = ________**

Did I achieve my goal? **Yes**: And my reward was......................................................................................................................................................................................

**No / Partly**: What got in the way? ............................................................................................................................................................................................................................................................................................................................................................................................................................................
Physical Activity and Step-Count Diary

Week 10  
Daily Step-Count goal ________  
Weekly Step-Count goal ________

Use this diary to record any physical activities you do this week. This includes walking and other physical activities (e.g. cycling, gardening, swimming, heavy housework, exercise classes etc). Write down the approximate time and how long you do them for.

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Daily step-count

Add up the steps from all 7 days to get total weekly step-count:  
Total weekly step-count = ________

Divide the total weekly step-count by 7 to get average daily step-count:  
Average daily step-count = ________

Did I achieve my goal?  
Yes: And my reward was........................................................................................................

No / Partly: What got in the way? ........................................................................................................
Use this diary to record any physical activities you do this week. This includes walking and other physical activities (e.g. cycling, gardening, swimming, heavy housework, exercise classes etc). Write down the approximate time and how long you do them for.

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Add up the steps from all 7 days to get total weekly step-count:  
Total weekly step-count = ________

Divide the total weekly step-count by 7 to get average daily step-count:  
Average daily step-count = ________

Did I achieve my goal?  
Yes: And my reward was........................................................................................................................................................................

No / Partly: What got in the way? ........................................................................................................................................................................
### Physical Activity and Step-Count Diary

**Week 12**  
Daily Step-Count goal ________  
Weekly Step-Count goal ________

Use this diary to record any physical activities you do this week. This includes walking and other physical activities (e.g. cycling, gardening, swimming, heavy housework, exercise classes etc). Write down the **approximate time** and **how long** you do them for.

| Date | Day of week | Morning | | | | Afternoon | | | | | Evening | | | | | | Daily step-count |
|------|-------------|---------|---|---|---|---------|---|---|---|---|---|---|

Add up the steps from all 7 days to get total weekly step-count:  
**Total weekly step-count = ________**

Divide the total weekly step-count by 7 to get average daily step-count:  
**Average daily step-count = ________**

**Did I achieve my goal?**  
Yes: And my reward was .................................................................

No / Partly: What got in the way? .............................................................
Use this diary to record any physical activities you do this week. This includes walking and other physical activities (e.g. cycling, gardening, swimming, heavy housework, exercise classes etc). Write down the approximate time and how long you do them for.

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Add up the steps from all 7 days to get total weekly step-count:

Total weekly step-count = ________

Divide the total weekly step-count by 7 to get average daily step-count:

Average daily step-count = ________

Did I achieve my goal? Yes: And my reward was...............................................................................................................................................................................................

No / Partly: What got in the way? ........................................................................................................................................................................................................
**Physical Activity and Step-Count Diary**

**Week**  
**Daily Step-Count goal ________**  
**Weekly Step-Count goal _________**

Use this diary to record any physical activities you do this week. This includes *walking* and *other physical activities* (e.g. cycling, gardening, swimming, heavy housework, exercise classes etc). Write down the **approximate time** and **how long** you do them for.

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Divide the total weekly step-count by 7 to get average daily step-count:  
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**Did I achieve my goal?**  
Yes: And my reward was ............................................................................................................................................................

No / Partly: What got in the way? ........................................................................................................................................................................................................
**Physical Activity and Step-Count Diary**

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<th>Week</th>
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<th>Weekly Step-Count goal _________</th>
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Add up the steps from all 7 days to get total weekly step-count: **Total weekly step-count = _________**

Divide the total weekly step-count by 7 to get average daily step-count: **Average daily step-count = _________**

**Did I achieve my goal?**
- Yes: And my reward was.................................................................................................................................
- No / Partly: What got in the way? ..........................................................................................................................
Physical Activity and Step-Count Diary

Use this diary to record any physical activities you do this week. This includes walking and other physical activities (e.g. cycling, gardening, swimming, heavy housework, exercise classes etc). Write down the approximate time and how long you do them for.

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Divide the total weekly step-count by 7 to get average daily step-count: Average daily step-count = _______

Did I achieve my goal?  
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