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.

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? ....

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.

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? ....

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.

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? ....

Physical Activity and Step-Count Diary

Week 4   **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? ....

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.

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? ....

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.

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? ....

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.

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? ....

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.

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? ....

Physical Activity and Step-Count Diary
Week 9   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? …………………………………………………………………

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.

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? ....

Physical Activity and Step-Count Diary

Week 11   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? ....

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? ....

Physical Activity and Step-Count Diary

Week 13   **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? ....

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.

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? ....

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.

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? ....

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.

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? ....