



# WEEKLY Activity DIARY

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NAME: \_\_\_\_\_

Time	SATURDAY	SUNDAY	MONDAY	TUESDAY
7.00 am				
8.00 am				
9.00 am				
10.00 am				
11.00 am				
12.00 pm				
1.00 pm				
2.00 pm				
3.00 pm				
4.00 pm				
5.00 pm				
6.00 pm				
7.00 pm				
8.00 pm				
9.00 am				



# WEEKLY Activity DIARY

NAME: \_\_\_\_\_

Time	WEDNESDAY	THURSDAY	FRIDAY
7.00 am			
8.00 am			
9.00 am			
10.00 am			
11.00 am			
12.00 pm			
1.00 pm			
2.00 pm			
3.00 pm			
4.00 pm			
5.00 pm			
6.00 pm			
7.00 pm			
8.00 pm			
9.00 am			

**Please remember** to fill in what you have done and for how long you have done it. (for example: Watching TV / 50 mins).

**Be precise:** try to fill in the information as often as possible.



**How to transform inactive time into active time?**

- Stretch yourself when you laze around in bed.
- Do star jumps while watching TV.
- Lift weights while talking on the telephone to your friends.