Name:_____

Week Starting __ __ / __ __ / __ __
mon day year

Teach Well - Physical Activity Diary
SAMPLE PAGE

Record 09 (1-2)
Year __ __ (3-4)
I.D. __ __ __ __ __ __ __ (5-11)

We want to learn about how much and what kinds of physical activity or exercise you usually get. The record below is filled out as an example of some common activites and how you would record them. The person filling this example out spent 30 minutes jogging each moring on Monday through Friday; and did heavy housework for 1 1/2 hours on Saturday and then took their children for a bicyle ride for 30 minutes; and took a moderately hard walk on Sunday. For each of the activities notice how this person recorded the level of effort using **L=light, M=moderate, H=hard** and the total number of minutes spent in each activity. Also notice that for the activities that they did not do they marked an **"N". Thank you for your help!**

Circle day of the week →

N=none
L=light
M=mod
H=hard

Activities	Day 1 (12) S(M)T W T F S		Day 2 (45) S M(T)W T F S		Day 3 (78) S M T(W)T F S		Day 4 (111) S M T W(T)F S		Day 5 (144) S M T W T(F)S		Day 6 (177) S M T W T F(S)		Day 7 (210) (S)M T W T F S	
	Level of Effort ▼	Duration of Activity (min)	Level of Effort	Duration of Activity (min)	Level of Effort	Duration of Activity (min)	Level of Effort	Duration of Activity (min)	Level of Effort	Duration of Activity (min)	Level of Effort	Duration of Activity (min)	Level of Effort	Duration of Activity (min)
Walking	N (13)	_ _ _ (14–16)	N (46)	_ _ _ (47–49)	N (79)	_ _ _ (80–82)	N (112)	_ _ _ (113–115)	N (145)	_ _ _ (146–148)	N (178)	_ _ _ (179–181)	M (211)	0 3 0 (212–214)
Running or jogging	M (17)	0 3 0 (18–20)	M (50)	0 3 0 (51–53)	M (83)	0 3 0 (84–86)	M (116)	0 3 0 (117–119)	M (149)	0 3 0 (150–152)	N (182)	_ _ _ (183–185)	N (215)	_ _ _ (216–218)
Aerobic Activity- (e.g. aerobic dance, step bench)	N (21)	_ _ _ (22–24)	N (54)	_ _ _ (55–57)	N (87)	_ _ _ (88–90)	N (120)	_ _ _ (121–123)	N (153)	_ _ _ (154–156)	N (186)	_ _ _ (187–189)	N (219)	_ _ _ (220–222)
Bicycling	N (25)	_ _ _ (26–28)	N (58)	_ _ _ (59–61)	N (91)	_ _ _ (92–94)	N (124)	_ _ _ (125–127)	N (157)	_ _ _ (158–160)	N (190)	0 3 0 (191–193)	N (223)	_ _ _ (224–226)
Climbing Stairs, stair machine	N (29)	_ _ _ (30–32)	N (62)	_ _ _ (63–65)	N (95)	_ _ _ (96–98)	N (128)	_ _ _ (129–131)	N (161)	_ _ _ (162–164)	N (194)	_ _ _ (195–197)	N (227)	_ _ _ (228–230)
Heavy Housework (e.g. vacuuming)	N (33)	_ _ _ (34–36)	N (66)	_ _ _ (67–69)	N (99)	_ _ _ (100–102)	N (132)	_ _ _ (133–135)	N (165)	_ _ _ (166–168)	M (198)	0 9 0 (199–201)	N (231)	_ _ _ (232–234)
Other _____	N (37)	_ _ _ (38–40)	N (70)	_ _ _ (71–73)	N (103)	_ _ _ (104–106)	N (136)	_ _ _ (137–139)	N (169)	_ _ _ (170–172)	N (202)	_ _ _ (203–205)	N (235)	_ _ _ (236–238)
Other _____	N (41)	_ _ _ (42–44)	N (74)	_ _ _ (75–77)	N (107)	_ _ _ (108–110)	N (140)	_ _ _ (141–143)	N (173)	_ _ _ (174–175)	N (206)	_ _ _ (207–209)	N (239)	_ _ _ (240–242)

T. BARANOWSKI - 1993-95
Teach Well - Gimme 5 Project