

# Activity diary

Aim for at least 30 minutes every day! Keeping an activity diary can be a simple way of keeping track of how active you are over the week and motivate you to see where you could clock up more steps here and there.



	Morning	Minutes	Afternoon	Minutes	Evening	Minutes	Total
<i>Example</i>	<i>Walked to the bus stop</i>	<i>10</i>	<i>Lunch time walk</i>	<i>25</i>	<i>Cycling</i>	<i>25</i>	<i>65</i>
			<i>Ran up and down the stairs</i>	<i>5</i>			
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							

How have I done this week? Is there anything I will improve on next week? .....

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### Waitrose nutrition contact details:

Find out more about getting active by visiting [waitrose.com/getactive](https://www.waitrose.com/getactive)

☎ 0800 188884 ✉ [nutrition@waitrose.co.uk](mailto:nutrition@waitrose.co.uk)