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Activity Spreads |  
2020

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Physical Activity Diary

Use this diary to  
record any physical  
activity you do in a  
week –this includes  
things like walking,  
using the stairs  
instead of the lift as  
well a sports and

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Activity Diary

going to the gym.  
Write down how long  
you spend doing  
these activities, adults  
should aim for at least  
30 minutes, 5 times a  
week.

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Physical Activity Diary

- NHS Direct Wales

My Physical Activity

Diary Author: Division

of Nutrition, Physical

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and I am becoming  
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changes that take  
place in my body.

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first Join or Sign In.

Save this to my

Google Drive ...

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Exercise Diary

*Page 19/41*

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Daily Activity Log

Templates As the  
name implies, the

Daily Activity Log

Template is used for  
all the activities, which  
a person do on daily  
basis. This type of  
template is used for a  
person in planning  
activities for the next  
day before sleeping.

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> Types of Activity  
Log Templates. There  
are quite a few types  
of Activity Log  
Templates, some of  
them are-Daily activity  
log templates – The  
daily activity template  
is a list of all the

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activities you have to  
carry out in a day.

You could make the  
list the night before  
and follow it through  
the next day.

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Activity Log Template  
– 12+ Free Word,  
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BACE Daily Activity  
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Weekly Activity Diary

2. BACES: Positive  
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Anxiety CBT

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Personal Journal

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studies, since 1980,

obesity worldwide has

more than doubled. In

2014, there were

more than 1.9 billion

adults, aged 18 years

and older, who were

overweight. From that

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figure, 600 million were obese. That's about 13% of the world's adult population of which 11% are men and 15% are women ...

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7+ Fitness Journal  
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This activity plan for  
*Page 27/41*

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beginners, combining running and strength and flexibility workouts, will get you into the habit of regular exercise in 12 weeks. The plan is structured but flexible enough to allow you to fit the exercise sessions around your other weekly commitments.

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12-week fitness plan -  
NHS

Exercise diary This exercise diary will be a record of your exercises and your level of fitness, helping both you and us to monitor any changes. We hope that you will notice an improvement from week to week.

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Exercising might  
seem daunting but it  
has lots of proven  
benefits. It can  
improve your quality  
of life and perhaps  
allow you to re-  
discover activities you  
thought you could no  
longer do ...

---

Exercise diary - Guy's  
and St Thomas

*Page 30/41*

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Tests And Tasks

Rising Stars

Activity logs To help  
you keep track of your  
progress we have  
created activity logs



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as a personal record of the time you spend on your activities for each section.

Remember you must add this information digitally to eDofE along with your evidence, these logs are just to help you keep track.

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food diary diary

template How can I

learn about exercise

and my body? This

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Activity Diary is a great way to get your children to record down the different exercises they did during a week, and what their most and least favourite exercises were.

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Exercise Diary  
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