

Physical Activity Diary

Name: _____ **Date:** _____

Keep track of your physical activities for a 24-hour period. Within each one-hour time slot, list the activities you participated in and indicate the number of minutes you spent on each type of activity.

Time	Activity	Time spent on activity					Total minutes (must = 60)
		Resting/ sleeping	Very light/ sitting	Light/ walking	Moderate/ jogging	Heavy/ running	
5:00 a.m.							
6:00 a.m.							
7:00 a.m.							
8:00 a.m.							
9:00 a.m.							
10:00 a.m.							
11:00 a.m.							
Noon							
1:00 p.m.							
2:00 p.m.							
3:00 p.m.							
4:00 p.m.							

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