

## **Using your activity log**

Fill out this log every day that you are active. Write down the date and how you felt before you started. Then write down what kind of activity you did. Maybe you went biking, swimming, or even jumped rope! Don't forget to include how long you did it for.

You can record your "Intensity" as "high", "medium", or "low". Examples of high intensity activities are running or biking at a high speed. Medium intensity would include an activity such as swimming. A low intensity activity might include housework, light gardening or stretching. Finally, write down how you felt afterwards.

