

Keep track of your progress

My Aerobic Exercise Diary

Date:

Week:

Moderate intensity activities – make you feel warm, slightly out of breath, maybe even a little sweaty
 Strong intensity activities – make you feel very warm and sweaty, you would struggle to have a conversation doing that activity

Day	Activity	Time (minutes)	Total Time (minutes)
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

My Weekly Total =

Remember your weekly target:

- ❖ 150 minutes of moderate intensity activity per week OR
- ❖ 75 minutes of strong intensity activity per week OR
- ❖ a combination of both (1 minute of strong activity equates to 2 minutes of moderate activity)