

My Activity Diary: Home Schooling Day

Today's date is:

This morning (between getting and 12 noon), I did the following 'active' things:

'Active' Things Done

For Approx. Number of Minutes

This afternoon (between 12 noon and 5pm), I did the following 'active' things:

'Active' Things Done

For Approx. Number of Minutes

This evening (between 5pm and bedtime), I did the following 'active' things:

'Active' Things Done

For Approx. Number of Minutes

Summary

In total, I did the following amount of activity today:

Hours/Minutes

Thinking about Your Physical Activity

How active would you say you are generally? (not at all active; fairly active; very active)

Do you usually take part in some moderate to vigorous activity each day (that is, activity that makes you breathe harder and feels energetic)?

Are you active enough for your age (that is, do you usually take part in an average of at least 60 minutes of moderate to vigorous activity each day)?

Do you think you should be more active? If yes, what is your activity goal? How will you try to achieve this?

What actions could you take to be more active? What or who could help you to take these actions? What might stop you from taking these actions?

On a scale of 0-5, how motivated do you feel to be more active over the next month? (1= not at all motivated; 3 = motivated; 5 = very motivated)

On a scale of 0-10, how confident do you feel that you will be more active over the next month (1 = not at all confident; 3 = confident; 5 = very confident).

Are you ever sedentary for extended periods of time? If so, what could you do to reduce the amount of time you are sedentary?

