



EXERCISE DIARY

ADD ENTRY

STAGE THREE - EXERCISE TASK

“ Complete Task: 30 minutes (continuous) moderate exercise a day for 5 days over a 7 day period ”

You have completed this task

EXERCISE SUMMARY

Duration of Exercise by Intensity



EXERCISE DIARY ENTRIES

DATE	TIME	INTENSITY	ACTIVITY	DIFFICULTY
Thu 5 Jul	60 mins	Moderate	Walking	3
Thu 5 Jul	60 mins	Vigorous	Football	7
Thu 21 Jun	55 mins	Moderate	Walking	5
Wed 20 Jun	35 mins	Moderate	Walking	2
Tue 19 Jun	50 mins	Moderate	Walking	6

FILTER ENTRIES

Activity Type

- Walking
- Stretching, yoga
- Walking
- Cycling, stationary