



# Exercise diary

As part of your weight management journey, we would encourage you to keep an activity diary. This will help you track your movement and reflect on how it feels.

It can:

- Keep you honest and accountable.
- Help you set clearer goals and create a plan to achieve them.
- Inspire you to stay motivated and put in more effort.
- Reveal patterns in your activity to better understand your progress.

Please find below a template you can fill in, alternatively feel free to use a fitness app to record activity.

Date	Activity	How it felt	Duration
Example: 20/03/2024	Walking/gardening/cleaning	Light/moderate/vigorous	20 minutes/25 minutes/ 30 minutes/60 minutes

