

Your Monthly Personal Activity Diary

To improve your fitness you need to get into the habit of doing some **regular** and **consistent** physical activity.

To ensure that your efforts are not just a flash in the pan and that you follow through making physical activity part of your **daily** and **weekly routine** you should:

- (i) Keep track of your exercise activity by filling in this Personal Activity Diary on a **regular** basis.
(Make some photocopies of the blank Diary to ensure that you can keep going or download them from our website.)
- (ii) Set yourself a goal each week in terms of time, calories, distance etc to reach.
(See our City Distance List overleaf to give you some ideas for targets to reach either weekly, monthly, quarterly or yearly)

Moderate intensity activity will make you feel warmer, breathe harder and make your heart beat faster than usual, but you should still be able to carry on a conversation.

MONTH: _____

Week No: _____ Commencing: _____ My Goal Is: _____

Day	Total Time	Calories	Distance	Revolutions	Other Exercise (e.g. pedometer steps)
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
TOTAL FOR WEEK					

Week No: _____ Commencing: _____ My Goal Is: _____

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Saturday					
Sunday					
TOTAL FOR WEEK					

City Distances List

To help you stay motivated, you might like to choose a distance to work towards as your weekly, monthly, quarterly or yearly goal. Distances are shown from Central London to other destinations in a straight line in kilometres.

Greenwich8	Gatwick Airport .40	Silverstone91	Bristol172	Brussels.....321	Geneva746
Wembley12	Luton50	Portsmouth102	Newport199	Paris343	Monaco1,030
Loughton20	Reading60	Swindon116	Sheffield229	Newcastle399	Madrid1,263
Heathrow Airport 24	Brighton73	Coventry139	Rouen/France ..245	Edinburgh534	Rome1,433
Brentwood32	Cambridge80	Bath157	Liverpool290	Strasbourg650	New York5,570