

Physical Activity Diary



Helsedirektoratet
Norwegian Directorate of Health



Physical Activity Diary

Do you want to get fitter and be more physically active? If that's the case, this diary can help you make a plan and become more active.

Here you can write down your goals, how you want to achieve them and how to overcome the obstacles you encounter on your way. You can also note your activities and experiences along the way.

Specific, realistic goals based on your current fitness level, are the ones easiest to achieve. The goals and plans can be changed as your fitness improves.

All kinds of physical activity are good for your health. Even small changes to your daily routine can have a big impact and it is never too late to get started.

Regularly exercise and physical activity at least 30 minutes a day credits your effort most. If you get warm and short of breath while exercising, you will experience even more benefits.

Spendig less time sitting, being more active through daily chores and moving more overall has a huge impact on your health. For starters, it will boost your energy levels and improve your fitness. More activity on a daily basis will also make you burn more calories.

Are you unsure of what types of goals to set for yourself, how often you should be physically active, what kind of activities to participate in, or which opportunities for exercise that are available in your local area? Talking to a professional can be helpful. Contacting frisklivssentralen/the Healthy Life Centre in your municipality, might be a good start.

On this page you can set your goals for the next three months, and what you plan to do every week in order to achieve them. On the next page, you can see an example of how to fill in the plan.

My goals:

My weekly plan:

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Daily activity How can I be physically active through my daily chores?							

What could stop me from fulfilling my plan?

What do I have to do to overcome these barriers for being physically active?

Examples of *my goals*

- To get fit enough to
- To improve my balance enough to be able to
- To get strong enough to be able to
- To boost my energy levels enough so that I can

Example of *my weekly plan*

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							Go for a walk in the woods, a bike ride or cross-country skiing for at least an hour during the weekend
18.30		Swimming with a friend					
19.00				Exercise -group / strength training			
Evening	Go for a walk in my neighborhood twice a week						
Everyday activity How can I be physically active through my daily chores?			Take the stairs, instead of the lift or escalator. Sit less still, stand up and move as often as I can. Walk or cycle all journeys shorter than 1 km. Leave the car behind. Arrange to go for a walk with a friend instead of meeting up at home or at a café. Do the housework and gardening. Play outside with my children/grandchildren.				

What is intensity?

Intensity is how strenuous physical activity is. Borg's Scale can help you to assess intensity. It gives you an indication of how strenuous and hard you are finding a physical activity and how tired you feel. The figure below will help you to assess where you are on the scale. You will get most benefit from strenuous physical activity which makes you warm and out of breath. It can therefore be useful to know how much of the exercise you get is light, hard or very hard.

Assess the intensity while you are doing the activity. Try to be as honest as possible. The important consideration is your own perception of exertion and not what you think other people think. Use the entire scale and choose the number which best matches your perceived exertion during the activity.

Borg's Scale

Value	Degree of exertion	Perception
6	No exertion at all	Resting.
7	Extremely light	
8		
9	Very light	
10		
11	Light	Like going for a short walk at a gentle pace. You notice you are moving and using your body, but you don't feel tired. You can talk without any exertion.
12		
13	Somewhat hard	
14		
15	Hard	You can go on without any difficulty. You are a little out of breath and can talk in short sentences.
16		
17	Very hard	It feels tiring and hard. You feel tired but are still able to go on. You are fairly out of breath and are now starting to find it difficult to talk.
18		
19	Extremely hard	Very strenuous. You can go on, but you really have to push yourself. It feels very heavy and you feel very tired. You are out of breath and finding it difficult to talk.
20	Maximal exertion	
		For most people, this is the most strenuous exercise they have ever experienced. You are very out of breath and unable to talk.
		Close to exhaustion. You have to stop.

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7–11 = **light** intensity, 12–15 = **medium** intensity, 16–20 = **high** intensity

In this diary, you can write down your physical activities each week. The intensity of each session can be recorded using a number from Borg's Scale. In the comments box, you can write down your experiences as you progress. Your diary entries can help you see how far you have come.

	Date	Activity (both exercise and everyday activities)
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

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Becoming more physically active on a daily basis and establishing new habits can take time.

How do I make sure I will continue to stay physically active?

Do you need help to progress? Contact your local frisklivssentral/Healthy Life Centre. They will be able to tell you what activities and services they can offer and give you advice and support. A physiotherapist, your doctor or a staff member at a gym may also be able to help you.



Notes



