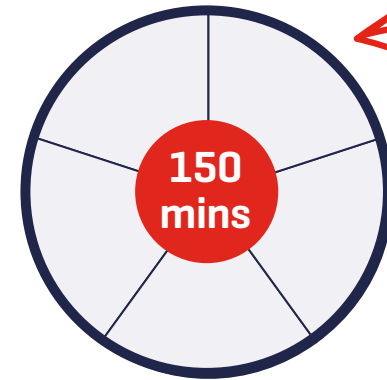


DAILY ACTIVITY DIARY

It can be hard to plan activity around a busy working day but making time for movement can improve your concentration, productivity and energy levels.

- Plan your activity for the week by using this simple activity planner.
- Remember you should aim to build up to a total of 150 minutes of activity across the week (including the weekend). Try to include strength building activities on 2 days per week.



Colour a section in for every 30 minutes of activity you complete



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Before Work				Cycle to work			Swimming
Lunch Break		Walk to supermarket			Lunchtime walk		
After Work						Pilates class	
Movement Breaks	Stand during afternoon meeting		Desk stretches				

You don't need to fill every box, but try to schedule short movement breaks throughout the day. Remember, **every minute counts!**