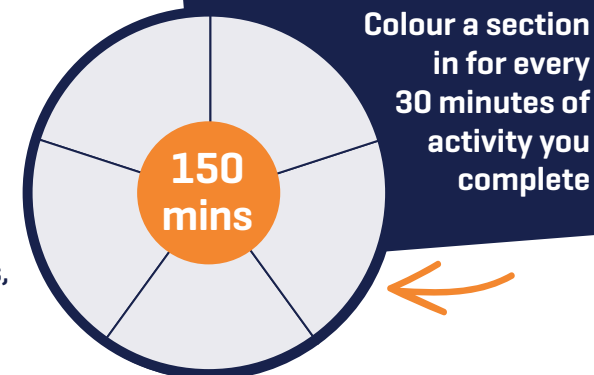


# DAILY ACTIVITY DIARY

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 aim to be active for 150 minutes of moderate intensity activity per week. Moderate intensity means your heart rate increases, but you can still hold a conversation. Aim for strength and balance activities on 2 days a week.



LET'S  
GET  
MOVING

	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 movement matters**