

## **Activity Diary**



Tracking your movement matters! As part of your weight management journey, we encourage you to keep an activity diary. Writing things down can help you understand not just how much you're moving, but how it's making you feel.

## Why keep an activity diary?

- It keeps you motivated and accountable
- Helps you set clear, achievable goals
- Encourages you to reflect and celebrate progress
- Makes it easier to spot patterns or habits over time

You can use the template below to get started, or feel free to log your movement in your favourite fitness app - whatever works best for you.

Date	Activity	How it felt	Duration
Example: 20/05/2025	Gardening	Slightly out of breath, had to take a 5-minute break	30 minutes

Date	Activity	How it felt	Duration

## **Need further support?**

We're here to support you every step of the way. If you have a question about your weight loss journey with us, please get in touch with us on: