ACTIVITY TRACKER

HOW MUCH TIME DO YOU SPEND SITTING?

There are 24 hours in one day. Do you know how much of your day you spend sitting or inactive?

During the next week take note of your sitting time and record it below. Pick a typical day for you and keep a log of what you do. You can use the table below to record your daily tasks and activities. You may surprise yourself with how many hours of inactive time you clock a day! You'll then be able to discuss with your Consultant, ways to increase your natural activity and become more active throughout the day. Also have a look on the Resource Centre for the online Physical Activity Booklet for some great ideas.

Activities / Tasks *Eg. Driving to work, sitting at desk, going out for lunch, driving home, walk before dinner, eating dinner, watching TV, sleeping*	*Duration (minutes)*
Total active time	
Total sedentary time	