

| Name:_ |  |  |  |
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|        |  |  |  |
| Class: |  |  |  |

## SCAFFOLD

## Daily physical activity record

| My daily physical activity record (diary) |                 |                                |                |                   |  |  |  |  |
|---|-----------------|--------------------------------|----------------|-------------------|--|--|--|--|
| Date                                      |                 | Weekday Weekend da<br>(circle) | Physica active | Physically active |  |  |  |  |
| Time (duration & frequency)               | Activity (type) | Intensity (high/medium/low)    | Yes            | No                |  |  |  |  |
|   |                 |                                |                |                   |  |  |  |  |
|   |                 |                                |                |                   |  |  |  |  |
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|   |                 |                                |                |                   |  |  |  |  |
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