**Monday 27th April**

**1pm**

What physical activity did you do this morning?

|  |  |
| --- | --- |
|  | Pulse per minute |
| Before activity |  |
| Right after activity |  |
| 2 minutes after activity |  |

**7pm**

What physical activity did you do this afternoon?

|  |  |
| --- | --- |
|  | Pulse per minute |
| Before activity |  |
| Right after activity |  |
| 2 minutes after activity |  |

Which activities will you try over the next two weeks?

**Tuesday 28th April**

**1pm**

What physical activity did you do this morning?

|  |  |
| --- | --- |
|  | Pulse per minute |
| Before activity |  |
| Right after activity |  |
| 2 minutes after activity |  |

**7pm**

What physical activity did you do this afternoon?

|  |  |
| --- | --- |
|  | Pulse per minute |
| Before activity |  |
| Right after activity |  |
| 2 minutes after activity |  |

**How are you doing with your exercise?**

**How are your family and friends exercising?**

**Wednesday 29th April**

**1pm**

What physical activity did you do this morning?

|  |  |
| --- | --- |
|  | Pulse per minute |
| Before activity |  |
| Right after activity |  |
| 2 minutes after activity |  |

**7pm**

What physical activity did you do this afternoon?

|  |  |
| --- | --- |
|  | Pulse per minute |
| Before activity |  |
| Right after activity |  |
| 2 minutes after activity |  |

**Thursday 30th April**

**1pm**

What physical activity did you do this morning?

|  |  |
| --- | --- |
|  | Pulse per minute |
| Before activity |  |
| Right after activity |  |
| 2 minutes after activity |  |

**7pm**

What physical activity did you do this afternoon?

|  |  |
| --- | --- |
|  | Pulse per minute |
| Before activity |  |
| Right after activity |  |
| 2 minutes after activity |  |

Do you feel fitter after doing your exercise activity?

What problems have you encountered when doing your exercises?

**Friday 1st May**

**1pm**

What physical activity did you do this morning?

|  |  |
| --- | --- |
|  | Pulse per minute |
| Before activity |  |
| Right after activity |  |
| 2 minutes after activity |  |

**7pm**

What physical activity did you do this afternoon?

|  |  |
| --- | --- |
|  | Pulse per minute |
| Before activity |  |
| Right after activity |  |
| 2 minutes after activity |  |

**Monday 4th May**

**1pm**

What physical activity did you do this morning?

|  |  |
| --- | --- |
|  | Pulse per minute |
| Before activity |  |
| Right after activity |  |
| 2 minutes after activity |  |

**7pm**

What physical activity did you do this afternoon?

|  |  |
| --- | --- |
|  | Pulse per minute |
| Before activity |  |
| Right after activity |  |
| 2 minutes after activity |  |

Did you do any exercising over the weekend?

**Tuesday 5th May**

**1pm**

What physical activity did you do this morning?

|  |  |
| --- | --- |
|  | Pulse per minute |
| Before activity |  |
| Right after activity |  |
| 2 minutes after activity |  |

**7pm**

What physical activity did you do this afternoon?

|  |  |
| --- | --- |
|  | Pulse per minute |
| Before activity |  |
| Right after activity |  |
| 2 minutes after activity |  |

**Wednesday 6th May**

**1pm**

What physical activity did you do this morning?

|  |  |
| --- | --- |
|  | Pulse per minute |
| Before activity |  |
| Right after activity |  |
| 2 minutes after activity |  |

**7pm**

What physical activity did you do this afternoon?

|  |  |
| --- | --- |
|  | Pulse per minute |
| Before activity |  |
| Right after activity |  |
| 2 minutes after activity |  |

Do you think your exercising is making you fitter?

Do you think your exercise is helping you in any other ways?

**Thursday 7th May**

**1pm**

What physical activity did you do this morning?

|  |  |
| --- | --- |
|  | Pulse per minute |
| Before activity |  |
| Right after activity |  |
| 2 minutes after activity |  |

**7pm**

What physical activity did you do this afternoon?

|  |  |
| --- | --- |
|  | Pulse per minute |
| Before activity |  |
| Right after activity |  |
| 2 minutes after activity |  |

**Friday 8th May**

**1pm**

What physical activity did you do this morning?

|  |  |
| --- | --- |
|  | Pulse per minute |
| Before activity |  |
| Right after activity |  |
| 2 minutes after activity |  |

**7pm**

What physical activity did you do this afternoon?

|  |  |
| --- | --- |
|  | Pulse per minute |
| Before activity |  |
| Right after activity |  |
| 2 minutes after activity |  |

Did your fitness improve over the weeks?

Will you continue with any of these activities?