

Lockdown Exercise Diary

Week Beginning: _____

<u>Day</u>	<u>AM</u>	<u>Intensity</u> <u>(1-10)</u>	<u>PM</u>	<u>Intensity</u> <u>(1-10)</u>	<u>Duration</u>
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
<u>Total:</u>					

How to use this diary:

- Write down any exercise you do under the correct day and time
 - Being stuck in the house, it may be a good target to get moving twice a day on most days you can
- There are many different kinds of exercise you could do
 - Walking
 - Jogging
 - Bodyweight Circuit
 - Cycling
 - Gardening
 - Joe Wicks Workout
 - Think outside the box for ways to be active!
- Rate how hard you worked during this exercise
 - 1 = barely moving 5 = getting a good sweat 10 = could not possibly work any harder!
 - Try and mix up your intensity through the week with some light exercise and some very hard exercise
 - A light walk might be a 3 or 4 and a Joe Wicks Workout might be a 7 or 8 (it depends on the individual)
- Write down how long you exercised for
 - Tally this up at the end of the week
 - Guidelines say you should aim for at least 30 minutes of moderate activity per day
 - This would add up to 3 and a half hours at the end of the week (you would normally get 2 hours of PE a week until 5th year)
 - We need to take into account however that we are moving less than we would normally
 - Walking between classes
 - Socialising at lunch time
 - Climbing stairs