

# BE FIT FIT

## Activity Diary

For each day please enter the number of hours that you spend on each activity. Please note the total for the day must be 24 hours.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Sleeping:</b>							
<b>Sitting:</b>							
<b>Light Activity:</b> (Walking, Sweeping, etc.)							
<b>Moderate Activity:</b> (Mowing Lawn, etc.)							
<b>Heavy Activity:</b> (Running, etc.)							
<b>Intense Activity:</b> (Competition, etc.)							
<b>Total:</b>							