



K E E L E
UNIVERSITY

Arthritis
Research UK
Providing answers today and tomorrow

NHS
*National Institute for
Health Research*

My physical activity diary



Name:

Study ID:

Physiotherapist:

Date:

This diary is for you to keep a record of the physical activity that you do.

It is to help you and your physiotherapist see if you are managing to increase your physical activity level, so it works best if you are honest.

There are no right and wrong answers.

Instructions

Please:

1. Try to fill your diary in regularly.
2. Record the type of activity that you completed (e.g. walking or swimming), how long you spent doing the activity (in minutes), and how hard the activity was (use the scale on the next page).
3. **If your physiotherapist has given you a step monitor**, record how many steps you have done in a day.
4. There is a comments box for you to write any thoughts or feelings you have. You could record if anything went particularly well, or if you found anything difficult. If you did not manage to complete any activity that day you can note why, and your physiotherapist can help you to work around any obstacles you uncover.

Below is an example of what part of a week might look like:

Day	Activities	Time (min)	How the activity feels	Daily step count	Comments
Monday	<i>Walked to shops</i>	<i>15</i>	<i>4</i>	<i>2100</i>	<i>I enjoyed swimming</i>
	<i>Swimming</i>	<i>20</i>	<i>5</i>		

'How the physical activity feels' scale

1. Very, very easy /
no problem

2. Very easy

3. Fairly easy

4. **Moderate/
beginning to feel hard**

5. **Fairly hard**

6. **Hard**

7. Very hard

8. Very, very hard

9. Extremely hard

10. Maximum

The physical activity should feel between level 4 (“moderate/ beginning to feel hard”) and level 6 (“Hard”). Below this you are not getting the maximum benefit and above this you are working harder than you need to.

REMEMBER

- It is very important to build up your activity gradually
- Work at a level/ pace that is right for you
- Do not try and compete with other people
- When you increase your activity it is normal to experience some pain around your knee and in your leg muscles, and this may last for a couple of days. BUT, if the pain is severe, or lasts for longer than this, reduce your activity and contact your physiotherapist.
- STOP immediately and go and see you doctor if you:
 - Feel sick/ dizzy
 - Experience any chest pain
 - Experience any palpitations

Week commencing:/...../...../

Day	Activities	Time (min)	How the activity feels (use scale p 3)	Daily step count	Comments
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Week commencing:/...../...../

Day	Activities	Time (min)	How the activity feels (use scale p 3)	Daily step count	Comments
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Week commencing:/...../...../

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Week commencing:/...../...../

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