

## Handout 10

# My active living diary

Use this diary to keep track of your activities and to help you keep going. Put it in a place where it's easy to see and use... on your fridge or on a table by the door. Fill it in after each activity. At the end of the month, see if you have reached your goals.

This diary has some examples to help you get started. For more information, see *Handout 4 – Canada's Physical Activity Guide to Healthy Active Living for Older Adults*.

My goals for the month of \_\_\_\_\_

- I want to move easier
- I want to be able to be active longer each day
- I want to feel stronger
- Other \_\_\_\_\_

## Activities I want to do this month

Activity	Day/time	Location	Someone to go with
<i>Walking</i>	<i>Tues. and Thurs.</i>	<i>Around our block</i>	<i>Mary</i>

(Over: Track your activities.)

## Keeping track of my activities

Date	Activity/Time	Comments
<i>Example: Monday, May 1</i>	<i>Walking around the block with Mary - 20 minutes</i>	<i>Nice sunny day. The spring flowers are lovely. I think we can walk further next time.</i>

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