




Diary for monitoring physical activity and sleep




	mon	tue	wed	thu	fri	sat	sun
 I woke up at _____	_____	_____	_____	_____	_____	_____	_____
Did you feel refreshed when you woke up?	yes no	yes no	yes no	yes no	yes no	yes no	yes no
1. Type of physical activity							
 duration (min)	_____ min	_____ min	_____ min	_____ min	_____ min	_____ min	_____ min
intensity (circle)	A B C	A B C	A B C	A B C	A B C	A B C	A B C
2. Type of physical activity							
duration (min)	_____ min	_____ min	_____ min	_____ min	_____ min	_____ min	_____ min
intensity (circle)	A B C	A B C	A B C	A B C	A B C	A B C	A B C
3. Type of physical activity							
duration (min)	_____ min	_____ min	_____ min	_____ min	_____ min	_____ min	_____ min
intensity (circle)	A B C	A B C	A B C	A B C	A B C	A B C	A B C
4. Type of physical activity							
duration (min)	_____ min	_____ min	_____ min	_____ min	_____ min	_____ min	_____ min
intensity (circle)	A B C	A B C	A B C	A B C	A B C	A B C	A B C
5. Type of physical activity							
duration (min)	_____ min	_____ min	_____ min	_____ min	_____ min	_____ min	_____ min
intensity (circle)	A B C	A B C	A B C	A B C	A B C	A B C	A B C
 I went to sleep at _____	_____	_____	_____	_____	_____	_____	_____

Options to describe intensity of physical activity

A = Light physical activity: Was your physical activity light, meaning that you weren't short of breath at all? Examples of light physical activity include walking from one place to another, walking the dog, shopping trips and light cleaning.

B = Moderate physical activity: Was your physical activity moderate, meaning that you were short of breath but still able to talk? Examples of moderate physical activity include brisk walking and cycling.

C = Vigorous physical activity: Was your physical activity so vigorous that it was difficult to talk? Examples of vigorous physical activity include running, fast-paced games and jumping.

	mon	tue	wed	thu	fri	sat	sun
 I woke up at _____	_____	_____	_____	_____	_____	_____	_____
Did you feel refreshed when you woke up?	yes no	yes no	yes no	yes no	yes no	yes no	yes no
6. Type of physical activity							
 duration (min)	_____ min	_____ min	_____ min	_____ min	_____ min	_____ min	_____ min
intensity (circle)	A B C	A B C	A B C	A B C	A B C	A B C	A B C
7. Type of physical activity							
duration (min)	_____ min	_____ min	_____ min	_____ min	_____ min	_____ min	_____ min
intensity (circle)	A B C	A B C	A B C	A B C	A B C	A B C	A B C
8. Type of physical activity							
duration (min)	_____ min	_____ min	_____ min	_____ min	_____ min	_____ min	_____ min
intensity (circle)	A B C	A B C	A B C	A B C	A B C	A B C	A B C
9. Type of physical activity							
duration (min)	_____ min	_____ min	_____ min	_____ min	_____ min	_____ min	_____ min
intensity (circle)	A B C	A B C	A B C	A B C	A B C	A B C	A B C
10. Type of physical activity							
duration (min)	_____ min	_____ min	_____ min	_____ min	_____ min	_____ min	_____ min
intensity (circle)	A B C	A B C	A B C	A B C	A B C	A B C	A B C
 I went to sleep at _____	_____	_____	_____	_____	_____	_____	_____

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