

Analysing your activity diary

Worksheet

The following worksheet enables you to analyse your own activity levels from your Food and Activity Diary.

This analysis is to illustrate the UK diet and activity levels and should not be used diagnostically. Any concerns raised about your diet or activity levels should be discussed with your healthcare provider.

Some of this analysis is adapted from the Core Questions on Physical Activity in European Prospective Investigation of Cancer (EPIC) Baseline Questionnaires (see Wareham et al., 2003). We would like to acknowledge the Epidemiology Unit, Medical Research Council, Cambridge, UK.

Collating your activity data

1. Looking at your activity diary, what was your average daily step count?
(omit this question if you did not have access to a step counter/pedometer)

Add up the number of steps for each day and then divide by the total number of days.

Answer: _____

Tick the relevant box below:

	0-3,333 per day	3,334-6,666 per day	6,667-9,999 per day	More than 10,000 per day
Step count	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

2. Looking at your activity diary, which of the following best corresponds with your present occupation from the following four possibilities:

- ☐ Sedentary occupation – you spend most of your time sitting (e.g. In an office)

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- ☐ Standing/walking occupation – you spend most of your time standing and walking (e.g. Shop assistant, hairdresser etc.).
- ☐ Physical job / manual work – this involves some physical effort including handling heavy objects and use of tools (e.g. Plumber, electrician, carpenter etc.).
- ☐ Heavy manual work – this implies very vigorous physical activity including handling of very heavy objects (e.g. Docker, miner, bricklayer, construction worker etc.).

3. Looking at your activity diary, on average how many minutes per day did you spend on leisure activities (of any intensity)?

Add up the total number of minutes for each day and then divide by the total number of days.

Answer: _____

Tick the relevant boxes below:

	None	1-30 minutes	31-60 minutes	More than 60 minutes
Leisure activities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

4. From questions 2 and 3 above, which of the following physical activity index group best applies to you?

Tick the relevant box below:

Physical activity index group	Description
<input type="checkbox"/> INACTIVE	Sedentary job and no leisure activity
<input type="checkbox"/> MODERATELY INACTIVE	Sedentary job and <30 minutes of leisure activity per day OR Standing job and no leisure activity
<input type="checkbox"/> MODERATELY ACTIVE	Sedentary job and 31-60 minutes of leisure activity per day OR Standing job and 1-30 minutes of leisure activity OR Physical job and no leisure activity
<input type="checkbox"/> ACTIVE	Sedentary job and >60 minutes of leisure activity per day OR Standing job and >30 minutes of leisure activity OR Physical job and at least some leisure activity OR Heavy manual job

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- 5. Looking at your diary, on average how many minutes per week did you spend on moderate or intense physical activities? (include both work and leisure activities; minimum blocks of 10 minutes)**

Add up the number of minutes for each day and then divide by the total number of days.

Then multiply by 7 to give the number per week.

Answer: _____

Tick the relevant box below:

	None	1-75 minutes per week	76-150 minutes per week	151-225 minutes per week	226-300 minutes per week	>301 minutes per week
Leisure activities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- 6. Looking at your activity diary, on average how many minutes per week did you spend on moderate or intense leisure activities?**

Add up the number of minutes for each day and then divide by the total number of days.

Then multiply by 7 to give the number per week.

Answer: _____

Tick the relevant box below:

	None	1-75 minutes per week	76-150 minutes per week	151-225 minutes per week	226-300 minutes per week	>301 minutes per week
Moderate/ intense leisure activities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- 7. Looking at your activity diary, on average how many hours per week did you spend watching TV?**

Add up the number of minutes for each day and then divide by the total number of days and multiply by 7 (to convert to weeks).

Then divide by 60 to convert to hours.

Answer: _____

Tick the relevant box below:

	0-7 hours per week	8-14 hours per week	15-21 hours per week	22-28 hours per week	29-35 hours per week	>35.1 hours per week

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TV watching	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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- 8. Looking at your activity diary, on average how many hours per day did you spend being sedentary? (combine the duration of sedentary activities at work with sedentary leisure time, exclude sleep)**

Add up the number of minutes for each day and then divide by the total number of days.
Then divide by 60 to convert to hours.

Answer: _____

Tick the relevant box below:

	0-2hours per day	2.1-4 hours per day	4.1-6 hours per day	>6.1 hours per day
Total sedentary time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>