

Activity diary

Template

Completing this diary is an optional activity. This diary is adapted from the Core Questions on Physical Activity in EPIC Baseline Questionnaires and food diary is from the European Prospective Investigation of Cancer (EPIC)-Norfolk 7 day diet diary.

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Name:

Date:

Day of the week:

ACTIVITY DIARY: Record all activity carried out

DAILY ACTIVITY

Total daily step count if recorded (add 200 steps per minute of swimming):

WORK ACTIVITIES:

Type of work activities

*Duration
(hours)*

*Intensity (overall or for most of the
duration)*

- Low = Sedentary work e.g. office work

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		<ul style="list-style-type: none">• <i>Moderate = Standing/ walking e.g. hairdresser, shop assistant OR manual work e.g. plumber, electrician, carpenter</i>• <i>Intense = Heavy manual work e.g. docker, miner, bricklayer, construction worker</i>

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LEISURE TIME ACTIVITIES:		
Type of activity e.g. <ul style="list-style-type: none"> • Walking (include to/from work, shopping, leisure) • Cycling (include to/from work, leisure) • Gardening • DIY • Physical exercise (fitness, aerobics, swimming, jogging, tennis) • Housework (cleaning, washing, cooking, childcare) 	Duration (hours)	Intensity (overall or for most of the duration) <ul style="list-style-type: none"> • Low = Sedentary work e.g. office work • Moderate = Standing/ walking e.g. hairdresser, shop assistant OR manual work e.g. plumber, electrician, carpenter • Intense = Heavy manual work e.g. docker, miner, bricklayer, construction worker
Total time performing leisure activities (minutes): <div style="height: 100px;"></div>		

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SEDENTARY LEISURE TIME:	
<i>Type of sedentary (in)activity:</i>	<i>Duration (minutes):</i>
Watching TV	
Reading	
Other sedentary (in)activity	
Total sedentary leisure time (minutes):	