

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) <ul style="list-style-type: none">• Low = Sedentary work eg. Office work• Moderate = Standing/walking eg. Hairdresser, shop assistant OR manual work eg. Plumber, electrician, carpenter

Type of work activities (cont.)		<ul style="list-style-type: none"> Intense = Heavy manual work eg. Docker, miner, bricklayer, construction worker
Leisure Time Activities:		
Type of activity eg. <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 (minutes)	Intensity (overall or for most of the duration) <ul style="list-style-type: none"> Low = able to talk or sing during activity, minimal sweating, minimal increase in heart rate Moderate = able to talk but not able to sing during activity, some sweating after about 10 minutes, increase in heart rate Intense = unable to say more than a few words, sweating after 3-5 minutes, significant increase in heart rate)
Total time performing leisure activities (minutes):		

Sedentary Leisure Time:	
Type of sedentary (in)activity:	Duration (minutes):
Watching TV	
Reading	
Other sedentary (in)activity	
Total sedentary leisure time (minutes):	