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**WE ARE UNDEFEATABLE**

# activity tracker

THE ESSENTIAL | 1ST EDITION

## Birkby Health & Wellbeing



# PLAYBOOK

crowdsourced by:



University of HUDDERSFIELD  
Inspiring global professionals

Proudly supporting  
**WE ARE UNDEFEATABLE**



A printable workbook you can use today!

# CHECKLIST ONE

WHAT ARE YOUR ACTIVITY GOALS FOR THE FUTURE?

What makes you want to be physically active?

Use the boxes below to check off what motivates you. Use the box at the bottom to write down other reasons why you want to make activity a part of your life.

- HAVE MORE ENERGY
- RELEASE STRESS
- KEEP MY HEART HEALTHY
- IMPROVE MY OVERALL HEALTH
- MANAGE MY WEIGHT
- IMPROVE MY SELF-ESTEEM
- HELP WITH MY HEALTH CONDITIONS
- IMPROVE MY MOOD
- INCREASE MY FLEXIBILITY
- IMPROVE MY SLEEP PATTERNS

OTHERS...

# CHECKLIST TWO

## MY EVERYDAY ACTIVITIES

It doesn't matter where you are – even at home, there are plenty of great ways that you can get moving.

Activities you can do at home vary greatly and include very low-intensity options for moving more. Chair exercises, for instance, allow you to move and stretch your body while sitting down, making them suitable for most people. You can also do simple work-outs with equipment or objects you'd find in the home, like a small water bottle or a tin of beans.

Tick off some of the boxes below that you are going to incorporate into your daily activities and add some more in the box below.

- WALK WHERE POSSIBLE INSTEAD OF DRIVING/BUS
- TAKING THE STAIRS INSTEAD OF THE LIFT
- WALKING AROUND WHILST ON THE PHONE
- TAKE UP A NEW HOBBY (GARDENING/DIY ETC.)
- TURN THE TV AD BREAK INTO A MINI WORKOUT
- STRETCH OFF WHILST BOILING THE KETTLE
- WALKING TO THE SHOPS WHERE YOU CAN

OTHERS...



# ACTIVITY TRACKER

Use the below sections to track what exercise you have done and how you felt before and after. You can record if you had a change of mindset and how this has positively affected you.



## EXERCISE #1:

BEFORE I FELT...

AFTER I FELT...

MY THOUGHTS/REALISATIONS...



## EXERCISE #2:

BEFORE I FELT...

AFTER I FELT...

MY THOUGHTS/REALISATIONS...



## EXERCISE #3:

BEFORE I FELT...

AFTER I FELT...

MY THOUGHTS/REALISATIONS...



## EXERCISE #4:

BEFORE I FELT...

AFTER I FELT...

MY THOUGHTS/REALISATIONS...



# MY DAILY TRACKER

KEEP TRACK OF YOUR DAILY ACTIVITIES HERE

HOW DID I MOVE TODAY?

HOW DID I FEEL?

MONDAY

HOW DID I MOVE TODAY?

HOW DID I FEEL?

TUESDAY

HOW DID I MOVE TODAY?

HOW DID I FEEL?

WEDNESDAY

HOW DID I MOVE TODAY?

HOW DID I FEEL?

THURSDAY

HOW DID I MOVE TODAY?

HOW DID I FEEL?

FRIDAY

HOW DID I MOVE TODAY?

HOW DID I FEEL?

SATURDAY

HOW DID I MOVE TODAY?

HOW DID I FEEL?

SUNDAY

# MY GOALS TRACKER

HAVING GOALS ARE IMPORTANT WHEN TRYING TO ACHIEVE ANYTHING.

WRITE DOWN ANY ACTIVITY GOALS YOU MAY HAVE AND TRACK THEM HERE.

FOR EXAMPLE, THIS COULD BE HAVING A GOAL OF GOING FOR A WALK THREE TIMES A WEEK.

ANOTHER GOAL COULD BE TO COMPLETE THE FIVE IN FIVE WORKOUT IN THE PLAYBOOK.

ADD YOUR GOALS TO THE BOXES ON THE LEFT THEN TICK OFF THEM WHEN YOU COMPLETE THEM EACH WEEK. THERE IS A DAILY TRACKER ON THE NEXT PAGE.

MY GOAL

WEEK 1

WEEK 2

WEEK 3

WEEK 3



MY GOAL

WEEK 1

WEEK 2

WEEK 3

WEEK 3



MY GOAL

WEEK 1

WEEK 2

WEEK 3

WEEK 3



MY GOAL

WEEK 1

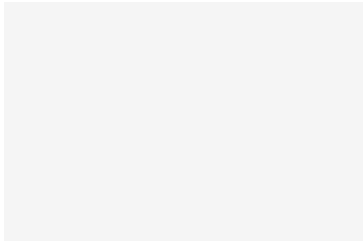
WEEK 2

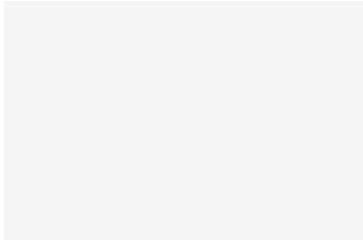
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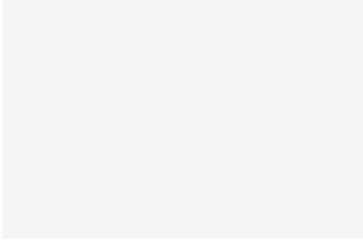
WEEK 3

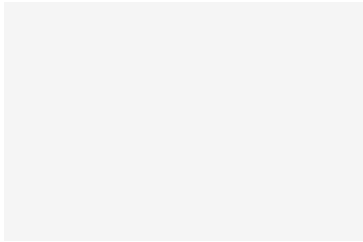


# MY GOALS TRACKER

MY GOAL	MON	TUES	WEDS	THURS	FRI	SAT	SUN
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

MY GOAL	MON	TUES	WEDS	THURS	FRI	SAT	SUN
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

MY GOAL	MON	TUES	WEDS	THURS	FRI	SAT	SUN
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

MY GOAL	MON	TUES	WEDS	THURS	FRI	SAT	SUN
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



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where all the answers are

*activity tracker*

This guide cannot provide individual activity and/or dietary advice.

If you or someone you care for has special requirements, medical needs or an eating disorder, please seek advice from a registered healthcare professional.

VISIT THE PLAYBOOK WEBSITE AT [WWW.PLAYBOOK.WITHINU.NET/BIRKBY](http://WWW.PLAYBOOK.WITHINU.NET/BIRKBY)  
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