



10 Week Diary

Name:

Date:

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Benefits of physical activity

How much physical activity should we do?

Any increase in activity will benefit your health. But all adults should aim to build up to at least **30 minutes of moderate physical activity on 5 or more days of the week**. It is recommended that young people do 1 hour of moderate physical activity on most days.

What is physical activity?

Any form of exercise or movement. Physical activity may include planned activity such as walking, running, basketball, or other sports. Physical activity may also include other daily activities such as household chores, yard work, walking the dog, etc.

What is 'moderate physical activity'?

Moderate physical activity means that you get warm, mildly out of breath, and mildly sweaty. It does not have to be intense. An example of a moderate physical activity is brisk walking.

Does it only count if I do my 30 mins of activity in one go?

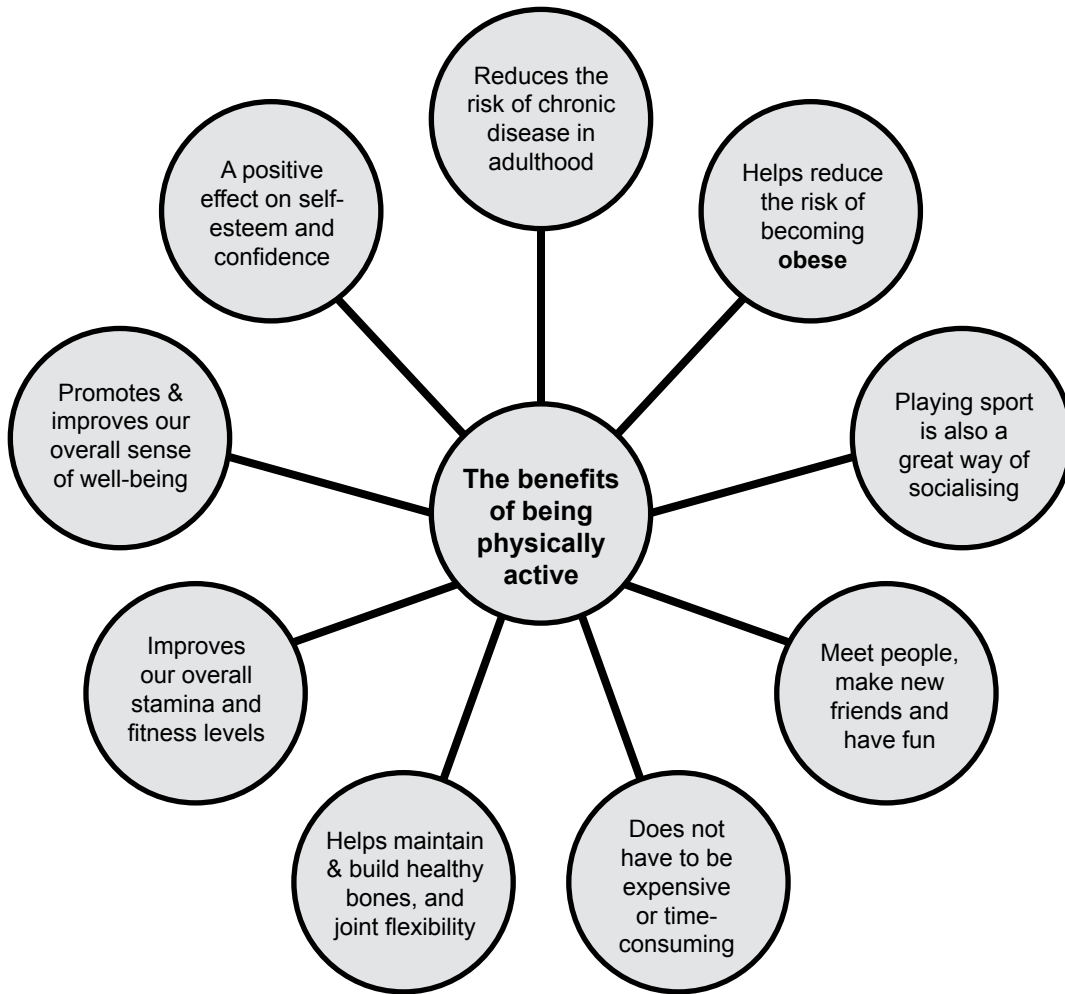
You do not have to do this all at once. For example, cycling to work and back 15 minutes each way adds up to 30 minutes.

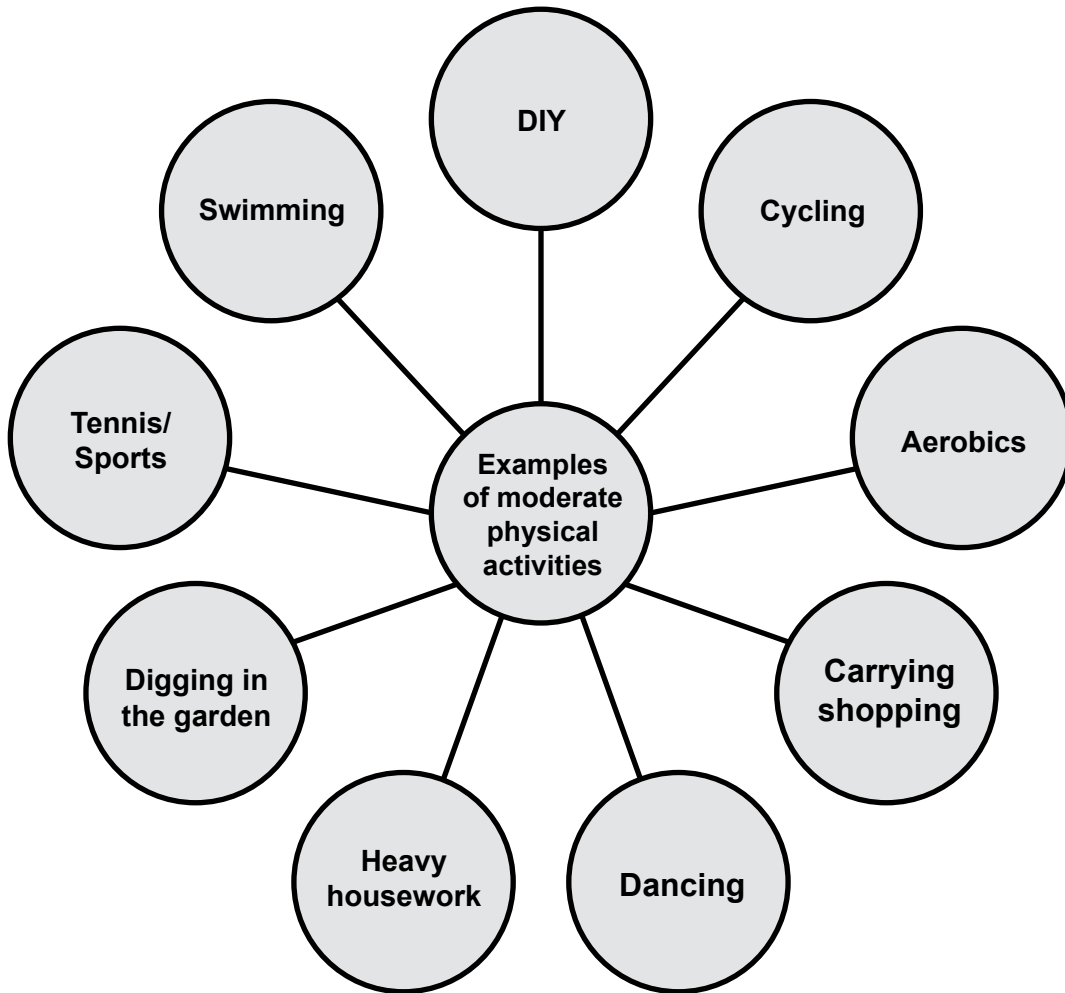
Can I store up my minutes over a few days?

You cannot 'store up' the benefits of physical activity. You need to do it regularly.

The benefits of doing regular physical activity include a reduced risk of: heart disease, stroke, bowel cancer, breast cancer, osteoporosis and obesity.

Regular physical activity helps you to control your weight. It can also help to relieve stress, anxiety and depression.





Benefits of healthy eating - 5 A DAY!

Eating a diet, rich in fruit and vegetables will help to give your body what it needs to keep you fit and healthy – inside and out.

Eating more fruit and vegetables helps:

- Reduce the risk of the two main killer diseases in this country - heart disease and some cancers.
- Reduce the symptoms of asthma.

They give you plenty of vitamins and minerals and are a good source of fibre and other substances, such as antioxidants. All these nutrients are important to your health.

- Zinc helps the body to heal wounds. If you suffer from spots it's important to eat plenty of foods rich in zinc to help your skin heal. Green vegetables, beans and pulses, figs and dried apricots provide useful amounts of zinc.
- The B vitamins are vital for energy production, keeping the brain, nerves, blood and muscles functioning and skin, nails and hair healthy. Some of the B vitamins can be found in bananas, peas, beans, lentils and leafy greens.

Fruit and vegetables are generally low fat, low calorie foods. So eating fruit and vegetables instead of foods that are high in fat and added sugars may help you achieve or keep to a healthy weight.

Replacing sugary foods with fruit and veg can help to prevent tooth decay.

1 portion of vegetables is, for example, 3 heaped tablespoons of cooked vegetables such as carrots, peas, or sweetcorn or one cereal bowl of mixed salad.

A stir fry only takes a few minutes and makes a tasty meal

A portion of dried fruit counts – but should be eaten at meal times to promote good oral health.

Snack on fruit or sticks of raw vegetables eg. peppers, celery or carrots

Adding fruit & veg helps bulk out a meal without adding lots of extra calories

Ideas to get your 5 A DAY

Keep a supply of easy peel fruit in your desk/bag

Have fruit juice or fruit, or both, with your breakfast everyday

Fresh, frozen, tinned, 100% juice and dried fruit and vegetables all count towards 5 A DAY.

Dip veg sticks like carrot, peppers, cucumber into tomato salsa

Make your breakfast fruity – slice strawberries/ banana on it

Potatoes don't count towards the target as they are considered a starchy food like pasta or rice.

How to use this diary

You should complete your diary at the end of each day, the diagram below has been completed to help you.

Tick off when you have had a portion of fruit or veg. If you are not sure what counts, there are tips on pages 6 and 14.

Fill in how long you spent doing physical activity. If you're not sure what counts, see pages 4 and 6. Don't worry if you don't hit your target straight away!

Week Two	Fruit and Veg					Mins	How do you feel?									
							Awful Great!									
Monday	/	/	/			15	1	2	3	4	5	6	7	8	9	10
Comments <i>Feeling more positive this week..... Went for a brisk walk before lunch..... Woo hoo no new spots this week!</i>																
Tuesday							1	2	3	4	5	6	7	8	9	10
Comments																

This space is for you to write your thoughts, feelings, tips etc so at the end of the diary you'll have a record of your progress.

Mark the box to indicate how you feel in general. Hopefully over time you will see it improve.

At the end of each week, record:

Have you noticed any changes over the week? Do you feel any better?

Have you had any problems?

Do you have any goals for the next week?

This will help you to look back and see what worked and what didn't work. Don't expect instant miracles, you might not feel any benefits for a few weeks.

On the first page of the diary, record how you feel now and what you want to achieve? Then you can look back at the end and congratulate yourself!

Health and safety

Having trouble eating five a day or doing the physical activity? Don't worry. This isn't a competition. It's to help you feel better over 10 weeks – and hopefully much longer. There's no point cheating! If you are still having difficulty, contact one of the 5ive and 5ive team – details are on page 20.

- If you have a condition that concerns you about physical activity, then see a doctor before starting a physical activity programme. However, there are few reasons why physical activity may be harmful.
- If you are not used to physical activity, it is best to gradually build up the level of activity.
- One of the biggest obstacles is the uphill battle to become fit. Many people feel that the first few attempts at physical activity are quite a struggle. Do not get disheartened. You are likely to find that each time it becomes easier and more enjoyable.
- Try and keep physical activity high on your list of priorities. If one kind of activity becomes boring, try switching to other types to maintain the health benefits.
- Some people set their goals too high. For example, aiming for a marathon run. This may take too much time, you may lose enthusiasm, and physical activity may become a drudge. Beware of this pitfall.
- Physical activity is not just for young 'sporty' types. It is never too late to start to gain the benefits, no matter how old or unfit you are.

Water

We lose water through evaporation when we breathe and sweat. The more we exercise the more water we lose. To stay healthy, replace the fluids you lose.

You should drink 6 to 8 glasses of water every day. If it's hot or you are exercising, you need more.

Before you start...

How do you feel now?

What do you want to achieve?

Good Luck!

Have you noticed any changes over the week? Do you feel any better?

Have you had any problems?

Do you have any goals for the next week?

Week One	Fruit and Veg	Mins	How do you feel?														
			Awful					Great!									
Monday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Comments																	
Tuesday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Comments																	
Wednesday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Comments																	
Thursday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Comments																	
Friday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Comments																	
Saturday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Comments																	
Sunday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Comments																	

Week Two	Fruit and Veg					Mins	How do you feel?									
							Awful					Great!				
Monday							1	2	3	4	5	6	7	8	9	10
Comments																
Tuesday							1	2	3	4	5	6	7	8	9	10
Comments																
Wednesday							1	2	3	4	5	6	7	8	9	10
Comments																
Thursday							1	2	3	4	5	6	7	8	9	10
Comments																
Friday							1	2	3	4	5	6	7	8	9	10
Comments																
Saturday							1	2	3	4	5	6	7	8	9	10
Comments																
Sunday							1	2	3	4	5	6	7	8	9	10
Comments																

Have you noticed any changes over the week? Do you feel any better?

Have you had any problems?

Do you have any goals for the next week?

Have you noticed any changes over the week? Do you feel any better?

Week Three	Fruit and Veg	Mins	How do you feel?													
			Awful					Great!								
Monday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1	2	3	4	5	6	7	8	9	10
Comments																
Tuesday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1	2	3	4	5	6	7	8	9	10
Comments																
Wednesday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1	2	3	4	5	6	7	8	9	10
Comments																
Thursday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1	2	3	4	5	6	7	8	9	10
Comments																
Friday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1	2	3	4	5	6	7	8	9	10
Comments																
Saturday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1	2	3	4	5	6	7	8	9	10
Comments																
Sunday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1	2	3	4	5	6	7	8	9	10
Comments																

Have you had any problems?

Do you have any goals for the next week?

Week Four	Fruit and Veg					Mins	How do you feel?									
							Awful					Great!				
Monday							1	2	3	4	5	6	7	8	9	10
Comments																
Tuesday							1	2	3	4	5	6	7	8	9	10
Comments																
Wednesday							1	2	3	4	5	6	7	8	9	10
Comments																
Thursday							1	2	3	4	5	6	7	8	9	10
Comments																
Friday							1	2	3	4	5	6	7	8	9	10
Comments																
Saturday							1	2	3	4	5	6	7	8	9	10
Comments																
Sunday							1	2	3	4	5	6	7	8	9	10
Comments																

Have you noticed any changes over the week? Do you feel any better?

Have you had any problems?

Do you have any goals for the next week?

Have you noticed any changes over the week? Do you feel any better?

Week Five	Fruit and Veg	Mins	How do you feel?													
			Awful					Great!								
Monday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1	2	3	4	5	6	7	8	9	10
Comments																
Tuesday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1	2	3	4	5	6	7	8	9	10
Comments																
Wednesday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1	2	3	4	5	6	7	8	9	10
Comments																
Thursday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1	2	3	4	5	6	7	8	9	10
Comments																
Friday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1	2	3	4	5	6	7	8	9	10
Comments																
Saturday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1	2	3	4	5	6	7	8	9	10
Comments																
Sunday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1	2	3	4	5	6	7	8	9	10
Comments																

Have you had any problems?

Do you have any goals for the next week?

Half way there!!!!

How does it feel so far?

Do you need any help?

If you do, check out the list of contacts and websites on page 20

1 portion of fruit is for example,
1 medium apple, banana,
orange or pear or 2 small satsumas or
3 dried apricots.

A medium sized glass of
100% fruit or vegetable juice
or smoothie counts, but only
once a day, however much
you drink.

Beans and other pulse vegetables, such
as kidney beans, lentils and chick peas
can count. But it only counts as one
portion, however much you eat. Pulses
contain fibre, but they don't give the
same mixture of vitamins, minerals and
other nutrients as fruit and vegetables.

Fruit and vegetables in takeaways and ready
meals can count towards 5 A DAY. But many
of these foods may be higher in added
sugar, salt and fat and should be eaten in
moderation.

Have you noticed any changes over the week? Do you feel any better?

Week Six	Fruit and Veg	Mins	How do you feel?													
			Awful					Great!								
Monday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1	2	3	4	5	6	7	8	9	10
Comments																
Tuesday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1	2	3	4	5	6	7	8	9	10
Comments																
Wednesday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1	2	3	4	5	6	7	8	9	10
Comments																
Thursday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1	2	3	4	5	6	7	8	9	10
Comments																
Friday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1	2	3	4	5	6	7	8	9	10
Comments																
Saturday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1	2	3	4	5	6	7	8	9	10
Comments																
Sunday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1	2	3	4	5	6	7	8	9	10
Comments																

Have you had any problems?

Do you have any goals for the next week?

Week Seven	Fruit and Veg	Mins	How do you feel?													
			Awful					Great!								
Monday							1	2	3	4	5	6	7	8	9	10
Comments																
Tuesday							1	2	3	4	5	6	7	8	9	10
Comments																
Wednesday							1	2	3	4	5	6	7	8	9	10
Comments																
Thursday							1	2	3	4	5	6	7	8	9	10
Comments																
Friday							1	2	3	4	5	6	7	8	9	10
Comments																
Saturday							1	2	3	4	5	6	7	8	9	10
Comments																
Sunday							1	2	3	4	5	6	7	8	9	10
Comments																

Have you noticed any changes over the week? Do you feel any better?

Have you had any problems?

Do you have any goals for the next week?

Have you noticed any changes over the week? Do you feel any better?

Week Eight	Fruit and Veg	Mins	How do you feel?													
			Awful					Great!								
Monday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1	2	3	4	5	6	7	8	9	10
Comments																
Tuesday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1	2	3	4	5	6	7	8	9	10
Comments																
Wednesday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1	2	3	4	5	6	7	8	9	10
Comments																
Thursday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1	2	3	4	5	6	7	8	9	10
Comments																
Friday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1	2	3	4	5	6	7	8	9	10
Comments																
Saturday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1	2	3	4	5	6	7	8	9	10
Comments																
Sunday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1	2	3	4	5	6	7	8	9	10
Comments																

Have you had any problems?

Do you have any goals for the next week?

Week Nine	Fruit and Veg					Mins	How do you feel?										
							Awful					Great!					
Monday							1	2	3	4	5	6	7	8	9	10	Comments
Tuesday							1	2	3	4	5	6	7	8	9	10	
Wednesday							1	2	3	4	5	6	7	8	9	10	Comments
Thursday							1	2	3	4	5	6	7	8	9	10	
Friday							1	2	3	4	5	6	7	8	9	10	Comments
Saturday							1	2	3	4	5	6	7	8	9	10	
Sunday							1	2	3	4	5	6	7	8	9	10	Comments

Have you noticed any changes over the week? Do you feel any better?

Have you had any problems?

Do you have any goals for the next week?

Woo hoo – you’ve got there. Well done!!!

Conclusions – how do you feel?

Was it worth it?

Will you carry on?

New goals/actions?

Week Ten	Fruit and Veg					Mins	How do you feel?									
							Awful					Great!				
Monday							1	2	3	4	5	6	7	8	9	10
Comments																
Tuesday							1	2	3	4	5	6	7	8	9	10
Comments																
Wednesday							1	2	3	4	5	6	7	8	9	10
Comments																
Thursday							1	2	3	4	5	6	7	8	9	10
Comments																
Friday							1	2	3	4	5	6	7	8	9	10
Comments																
Saturday							1	2	3	4	5	6	7	8	9	10
Comments																
Sunday							1	2	3	4	5	6	7	8	9	10
Comments																

Who can help?

Please ask for '5ive and 5ive' when you ring

Public Health Development
01229 833004

Age Concern, Barrow
01229 813425

Walking for Health
01229 823144

Community Unit
01229 407310

For more information and top tips, check out our Fact Sheets on **www.barrowsportscouncil.org.uk**

These include:

5ive and 5ive project outline
5ive and 5ive in the workplace
What counts – 5 A DAY
Water – the final frontier.....

Useful websites

www.5aday.nhs.uk

www.bhf.org.uk

www.activeplaces.com

www.bdaweightwise.com

www.whi.org.uk

www.knowyourlimits.gov.uk

www.drinkaware.co.uk

www.gosmokefree.nhs.uk

www.eatwell.gov.uk

