# Appendix A: An example Leisure-time physical activity diary from one follow-up month

**Leisure time physical activity: June 2013 (Follow-up)**

**Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Randomisation number:**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Study ID:** \_\_/\_\_/\_\_/\_\_/\_\_/\_\_/\_\_/\_\_

Mark into the leisure time physical activity diary all activities that you have **performed each day** **(at least 20 minutes at time).** Mark also **how long the physical activity lasted (in minutes)** and how **exhausting** (light = \*, moderate = \*\*, Vigorous = \*\*\*) your activity was.

\* Light = no sweating, no heavy breathing

\*\* Moderate = somewhat sweating or increased breathing

\*\*\* Vigorous = heavy sweating or heavy breathing

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| **Leisure time physical activity** | **Leisure time physical activity** |
| 1. Jogging or running | 11. Home gymnastics |
| 2. Orienteering | 12. Supervised aerobic |
| 3. Cross-country skiing | 13. Dance in different forms |
| 4. Bicycling | 14. Water aerobics |
| 5. Walking | 15. Stretching |
| 6. Nordic walking | 16. Yoga/ Tai-Chi |
| 7. Golf | 17. Badminton |
| 8. Swimming | 18. Tennis |
| 9. Rowing/canoeing | 19. Downhill skiing |
| 10.Gym/Circuit training | 20. Horse riding |
|  | 21. Something else, what?  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
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**June 2013.** Mark **activities** by using number code from the list in previous page, **duration in minutes (**at least 20 minutes) and **level of exhaustion**.

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| WK | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 22 |  |  |  |  | **EXAMPLE!**  Activity: 5\_\_\_\_\_\_\_  Duration: 60 \_\_\_\_\_  Intensity: \*\*\*\_\_\_\_ | 1  Activity: \_\_\_\_\_\_\_\_  Duration: \_\_\_\_\_\_\_  Intensity: \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_ | 2  Activity: \_\_\_\_\_\_\_\_  Duration: \_\_\_\_\_\_\_  Intensity: \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| 23 | 3  Activity: \_\_\_\_\_\_\_\_  Duration: \_\_\_\_\_\_\_  Intensity: \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | 4  Activity: \_\_\_\_\_\_\_\_  Duration: \_\_\_\_\_\_\_  Intensity: \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | 5  Activity: \_\_\_\_\_\_\_\_  Duration: \_\_\_\_\_\_\_  Intensity: \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | 6  Activity: \_\_\_\_\_\_\_\_  Duration: \_\_\_\_\_\_\_  Intensity: \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | 7  Activity: \_\_\_\_\_\_\_\_  Duration: \_\_\_\_\_\_\_  Intensity: \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | 8  Activity: \_\_\_\_\_\_\_\_  Duration: \_\_\_\_\_\_\_  Intensity: \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | 9  Activity: \_\_\_\_\_\_\_\_  Duration: \_\_\_\_\_\_\_  Intensity: \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| 24 | 10  Activity: \_\_\_\_\_\_\_\_  Duration: \_\_\_\_\_\_\_  Intensity: \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | 11  Activity: \_\_\_\_\_\_\_\_  Duration: \_\_\_\_\_\_\_  Intensity: \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | 12  Activity: \_\_\_\_\_\_\_\_  Duration: \_\_\_\_\_\_\_  Intensity: \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | 13  Activity: \_\_\_\_\_\_\_\_  Duration: \_\_\_\_\_\_\_  Intensity: \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | 14  Activity: \_\_\_\_\_\_\_\_  Duration: \_\_\_\_\_\_\_  Intensity: \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | 15  Activity: \_\_\_\_\_\_\_\_  Duration: \_\_\_\_\_\_\_  Intensity: \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | 16  Activity: \_\_\_\_\_\_\_\_  Duration: \_\_\_\_\_\_\_  Intensity: \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| 25 | 17  Activity: \_\_\_\_\_\_\_\_  Duration: \_\_\_\_\_\_\_  Intensity: \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | 18  Activity: \_\_\_\_\_\_\_\_  Duration: \_\_\_\_\_\_\_  Intensity: \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | 19  Activity: \_\_\_\_\_\_\_\_  Duration: \_\_\_\_\_\_\_  Intensity: \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | 20  Activity: \_\_\_\_\_\_\_\_  Duration: \_\_\_\_\_\_\_  Intensity: \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | 21  Activity: \_\_\_\_\_\_\_\_  Duration: \_\_\_\_\_\_\_  Intensity: \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | 22  Activity: \_\_\_\_\_\_\_\_  Duration: \_\_\_\_\_\_\_  Intensity: \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | 23  Activity: \_\_\_\_\_\_\_\_  Duration: \_\_\_\_\_\_\_  Intensity: \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| 26 | 24  Activity: \_\_\_\_\_\_\_\_  Duration: \_\_\_\_\_\_\_  Intensity:\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | 25  Activity: \_\_\_\_\_\_\_\_  Duration: \_\_\_\_\_\_\_  Intensity:\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | 26  Activity: \_\_\_\_\_\_\_\_  Duration: \_\_\_\_\_\_\_  Intensity:\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | 27  Activity: \_\_\_\_\_\_\_\_  Duration: \_\_\_\_\_\_\_  Intensity:\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | 28  Activity: \_\_\_\_\_\_\_\_  Duration: \_\_\_\_\_\_\_  Intensity:\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | 29  Activity: \_\_\_\_\_\_\_\_  Duration: \_\_\_\_\_\_\_  Intensity:\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | 30  Activity: \_\_\_\_\_\_\_\_  Duration: \_\_\_\_\_\_\_  Intensity:\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |