# 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?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
|  |  |

**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: \*\*\*\_\_\_\_ | 1Activity: \_\_\_\_\_\_\_\_Duration: \_\_\_\_\_\_\_Intensity: \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | 2Activity: \_\_\_\_\_\_\_\_Duration: \_\_\_\_\_\_\_Intensity: \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| 23 | 3Activity: \_\_\_\_\_\_\_\_Duration: \_\_\_\_\_\_\_Intensity: \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | 4Activity: \_\_\_\_\_\_\_\_Duration: \_\_\_\_\_\_\_Intensity: \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | 5Activity: \_\_\_\_\_\_\_\_Duration: \_\_\_\_\_\_\_Intensity: \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | 6Activity: \_\_\_\_\_\_\_\_Duration: \_\_\_\_\_\_\_Intensity: \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | 7Activity: \_\_\_\_\_\_\_\_Duration: \_\_\_\_\_\_\_Intensity: \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | 8Activity: \_\_\_\_\_\_\_\_Duration: \_\_\_\_\_\_\_Intensity: \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | 9Activity: \_\_\_\_\_\_\_\_Duration: \_\_\_\_\_\_\_Intensity: \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| 24 | 10Activity: \_\_\_\_\_\_\_\_Duration: \_\_\_\_\_\_\_Intensity: \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | 11Activity: \_\_\_\_\_\_\_\_Duration: \_\_\_\_\_\_\_Intensity: \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | 12Activity: \_\_\_\_\_\_\_\_Duration: \_\_\_\_\_\_\_Intensity: \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | 13Activity: \_\_\_\_\_\_\_\_Duration: \_\_\_\_\_\_\_Intensity: \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | 14Activity: \_\_\_\_\_\_\_\_Duration: \_\_\_\_\_\_\_Intensity: \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | 15Activity: \_\_\_\_\_\_\_\_Duration: \_\_\_\_\_\_\_Intensity: \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | 16Activity: \_\_\_\_\_\_\_\_Duration: \_\_\_\_\_\_\_Intensity: \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| 25 | 17Activity: \_\_\_\_\_\_\_\_Duration: \_\_\_\_\_\_\_Intensity: \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | 18Activity: \_\_\_\_\_\_\_\_Duration: \_\_\_\_\_\_\_Intensity: \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | 19Activity: \_\_\_\_\_\_\_\_Duration: \_\_\_\_\_\_\_Intensity: \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | 20Activity: \_\_\_\_\_\_\_\_Duration: \_\_\_\_\_\_\_Intensity: \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | 21Activity: \_\_\_\_\_\_\_\_Duration: \_\_\_\_\_\_\_Intensity: \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | 22Activity: \_\_\_\_\_\_\_\_Duration: \_\_\_\_\_\_\_Intensity: \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | 23Activity: \_\_\_\_\_\_\_\_Duration: \_\_\_\_\_\_\_Intensity: \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| 26 | 24Activity: \_\_\_\_\_\_\_\_Duration: \_\_\_\_\_\_\_Intensity:\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | 25Activity: \_\_\_\_\_\_\_\_Duration: \_\_\_\_\_\_\_Intensity:\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | 26Activity: \_\_\_\_\_\_\_\_Duration: \_\_\_\_\_\_\_Intensity:\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | 27Activity: \_\_\_\_\_\_\_\_Duration: \_\_\_\_\_\_\_Intensity:\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | 28Activity: \_\_\_\_\_\_\_\_Duration: \_\_\_\_\_\_\_Intensity:\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | 29Activity: \_\_\_\_\_\_\_\_Duration: \_\_\_\_\_\_\_Intensity:\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | 30Activity: \_\_\_\_\_\_\_\_Duration: \_\_\_\_\_\_\_Intensity:\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |