Physical activity diary

Please use this diary or another method to record how much time you are currently spending sitting and moving.
Your results can then help you complete the International physical activity questionnaire.

PARAS Physical Activity Routines After Stroke

Activity	Example	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Time spent (hours, minutes and type of activity)						
Sitting	e.g. 7 hours							
Walking	e.g. 30 mins							
Moderate Activity (increased activity but able to talk)	e.g. 30 mins sit to stand practice							
Vigorous activity (breathing fast, difficulty talking)	e.g. 0 mins							
How did you feel after certain activities?**	e.g. Better / reduced energy for daily chores after sit to stand practice							

** if activity is linked with negative feelings this may require further assessment e.g. fatigue / pain assessment.