

My 12 week activity diary



This activity diary is designed to help you become more active at your own pace and in a way that suits you.

It's been designed alongside our *Keep active* booklet, which gives lots more information on why being active is important and how it will affect your breathing. It also gives advice on what kinds of activities you could try out and how to get started.

My long-term goal

Having a goal gives you something positive to work towards and helps you recognise your progress. Set yourself an achievable goal – think about what you enjoy doing and start at a level that's right for you. What would you like to achieve in the next few weeks or months? How would you like to feel?

Example:

"At the moment I get the bus to the shops twice a week. By the end of next month, I will walk to the shops instead."

Write your long-term goal:

My short-term goals

Over the next 12 weeks this activity diary will help you set short-term goals to gradually build up your activity levels to achieve your long-term goal. When you write your short-term goals each week, make them as specific as possible, and try to include:

- what you'll do
- when you'll do it
- how long you'll do it for
- who you'll do it with

Example: *"At my exercise class, I will do two more repetitions of my arm exercises this week."*

Remember to choose an activity that you enjoy at a level that's right for you. Good luck!

Week 1

Date:

My goals

This week, I will... (remember to say when you'll do it, how long for and who you'll do it with)

1.
2.
3.

Things that might get in the way of achieving my goals are:

.....

I will overcome these things by:

.....

When I achieve my goals, I will reward myself by:

.....

My achievements

When	What	Who with?	How long?	How I felt after
<i>Monday, 10am</i>	<i>Walk around block</i>	<i>My neighbour</i>	<i>10 minutes</i>	<i>Proud of myself</i>

What went well this week? (however small you might think it is)

.....

What was difficult this week?

.....

What can I do differently next week?

.....

Week 2

Date:

My goals

This week, I will... (remember to say when you'll do it, how long for and who you'll do it with)

1.
2.
3.

Things that might get in the way of achieving my goals are:

.....

I will overcome these things by:

.....

When I achieve my goals, I will reward myself by:

.....

My achievements

When	What	Who with?	How long?	How I felt after
<i>Monday, 10am</i>	<i>Walk around block</i>	<i>My neighbour</i>	<i>10 minutes</i>	<i>Proud of myself</i>

What went well this week? (however small you might think it is)

.....

What was difficult this week?

.....

What can I do differently next week?

.....

Week 3

Date:

My goals

This week, I will... (remember to say when you'll do it, how long for and who you'll do it with)

1.
2.
3.

Things that might get in the way of achieving my goals are:

.....

I will overcome these things by:

.....

When I achieve my goals, I will reward myself by:

.....

My achievements

When	What	Who with?	How long?	How I felt after
<i>Monday, 10am</i>	<i>Walk around block</i>	<i>My neighbour</i>	<i>10 minutes</i>	<i>Proud of myself</i>

What went well this week? (however small you might think it is)

.....

What was difficult this week?

.....

What can I do differently next week?

.....

Week 4

Date:

My goals

This week, I will... (remember to say when you'll do it, how long for and who you'll do it with)

1.
2.
3.

Things that might get in the way of achieving my goals are:

.....

I will overcome these things by:

.....

When I achieve my goals, I will reward myself by:

.....

My achievements

When	What	Who with?	How long?	How I felt after
<i>Monday, 10am</i>	<i>Walk around block</i>	<i>My neighbour</i>	<i>10 minutes</i>	<i>Proud of myself</i>

What went well this week? (however small you might think it is)

.....

What was difficult this week?

.....

What can I do differently next week?

.....

Week 5

Date:

My goals

This week, I will... (remember to say when you'll do it, how long for and who you'll do it with)

1.
2.
3.

Things that might get in the way of achieving my goals are:

.....

I will overcome these things by:

.....

When I achieve my goals, I will reward myself by:

.....

My achievements

When	What	Who with?	How long?	How I felt after
<i>Monday, 10am</i>	<i>Walk around block</i>	<i>My neighbour</i>	<i>10 minutes</i>	<i>Proud of myself</i>

What went well this week? (however small you might think it is)

.....

What was difficult this week?

.....

What can I do differently next week?

.....

Turn back to the start of your activity diary.

Is there a difference in what you can do now, compared to what you could do then?

Make a note of any changes, particularly in how you feel:

.....

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.....

.....

.....

Week 6

Date:

My goals

This week, I will... (remember to say when you'll do it, how long for and who you'll do it with)

1.
2.
3.

Things that might get in the way of achieving my goals are:

.....

I will overcome these things by:

.....

When I achieve my goals, I will reward myself by:

.....

My achievements

When	What	Who with?	How long?	How I felt after
<i>Monday, 10am</i>	<i>Walk around block</i>	<i>My neighbour</i>	<i>10 minutes</i>	<i>Proud of myself</i>

What went well this week? (however small you might think it is)

.....

What was difficult this week?

.....

What can I do differently next week?

.....

Week 7

Date:

My goals

This week, I will... (remember to say when you'll do it, how long for and who you'll do it with)

1.
2.
3.

Things that might get in the way of achieving my goals are:

.....

I will overcome these things by:

.....

When I achieve my goals, I will reward myself by:

.....

My achievements

When	What	Who with?	How long?	How I felt after
<i>Monday, 10am</i>	<i>Walk around block</i>	<i>My neighbour</i>	<i>10 minutes</i>	<i>Proud of myself</i>

What went well this week? (however small you might think it is)

.....

What was difficult this week?

.....

What can I do differently next week?

.....

Week 8

Date:

My goals

This week, I will... (remember to say when you'll do it, how long for and who you'll do it with)

1.
2.
3.

Things that might get in the way of achieving my goals are:

.....

I will overcome these things by:

.....

When I achieve my goals, I will reward myself by:

.....

My achievements

When	What	Who with?	How long?	How I felt after
<i>Monday, 10am</i>	<i>Walk around block</i>	<i>My neighbour</i>	<i>10 minutes</i>	<i>Proud of myself</i>

What went well this week? (however small you might think it is)

.....

What was difficult this week?

.....

What can I do differently next week?

.....

Look back at the long-term goal you set yourself at the beginning of this activity diary.

Are you getting nearer to achieving it? Maybe you've already achieved it, or it's no longer what you want to work towards. If that's the case, you can always set a new one now.

If you need to, use the space below to write your new long-term goal.

Week 9

Date:

My goals

This week, I will... (remember to say when you'll do it, how long for and who you'll do it with)

1.
2.
3.

Things that might get in the way of achieving my goals are:

.....

I will overcome these things by:

.....

When I achieve my goals, I will reward myself by:

.....

My achievements

When	What	Who with?	How long?	How I felt after
<i>Monday, 10am</i>	<i>Walk around block</i>	<i>My neighbour</i>	<i>10 minutes</i>	<i>Proud of myself</i>

What went well this week? (however small you might think it is)

.....

What was difficult this week?

.....

What can I do differently next week?

.....

Week 10

Date:

My goals

This week, I will... (remember to say when you'll do it, how long for and who you'll do it with)

1.
2.
3.

Things that might get in the way of achieving my goals are:

.....

I will overcome these things by:

.....

When I achieve my goals, I will reward myself by:

.....

My achievements

When	What	Who with?	How long?	How I felt after
<i>Monday, 10am</i>	<i>Walk around block</i>	<i>My neighbour</i>	<i>10 minutes</i>	<i>Proud of myself</i>

What went well this week? (however small you might think it is)

.....

What was difficult this week?

.....

What can I do differently next week?

.....

Week 11

Date:

My goals

This week, I will... (remember to say when you'll do it, how long for and who you'll do it with)

1.
2.
3.

Things that might get in the way of achieving my goals are:

.....

I will overcome these things by:

.....

When I achieve my goals, I will reward myself by:

.....

My achievements

When	What	Who with?	How long?	How I felt after
<i>Monday, 10am</i>	<i>Walk around block</i>	<i>My neighbour</i>	<i>10 minutes</i>	<i>Proud of myself</i>

What went well this week? (however small you might think it is)

.....

What was difficult this week?

.....

What can I do differently next week?

.....

Week 12

Date:

My goals

This week, I will... (remember to say when you'll do it, how long for and who you'll do it with)

1.
2.
3.

Things that might get in the way of achieving my goals are:

.....

I will overcome these things by:

.....

When I achieve my goals, I will reward myself by:

.....

My achievements

When	What	Who with?	How long?	How I felt after
<i>Monday, 10am</i>	<i>Walk around block</i>	<i>My neighbour</i>	<i>10 minutes</i>	<i>Proud of myself</i>

What went well this week? (however small you might think it is)

.....

What was difficult this week?

.....

What can I do differently next week?

.....

Congratulations on being active for 12 weeks!

You're now well on your way to becoming and staying active. We hope that you've been starting to feel the benefits over the last 12 weeks and that you're motivated to continue.

Take some time to look over your 12 week diary and see how far you've come. Is there a difference in what you can do now, compared to what you could do when you started? Have you noticed a difference in how you feel?

Make a note of any changes, particularly in how you feel:

Make a list of your key achievements:

It's not always easy to keep active especially if you experience a setback, like a flare-up of your symptoms. Many people find that continuing to set goals and tracking progress can help over time.

You may want to print another 12-week diary to monitor your progress and help you to stay on track to meet your goals. It can also help to remind you of the benefits of being more active, and how being active has helped you.

Download another copy of the diary at **blf.org.uk/keep-active/get-started**

If you'd like any further advice on keeping active, call our helpline on **03000 030 555** or talk to a member of your health care team. For more information on living with a lung condition visit **blf.org.uk/support** where you'll find information on eating well, coping with breathlessness and much more.