


## My activity diary

Over the next few pages you will find a 12-week activity diary, where you can start to put into practice everything you have learnt from the guide so far. Here you can record:

- your goals for becoming active
- what might get in the way of you achieving your goal
- how you will overcome those barriers
- how you will reward your achievements
- the details of your activity and how you felt after doing it.

**'Setting myself little, achievable goals and taking small steps everyday over a period of time to become more active has given me my life back.'**

**Lorraine, diagnosed with lung cancer in 2007**



Encourage family and friends to set goals too, so you can get active together

Date:

My goals this week

- 1.
- 2.
- 3.

I will reward myself by \_\_\_\_\_

When	What	Who with	How long	How I felt after

Remember you can also record your achievements on your activity chart in the front of this guide.

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**Turn back to the start of this diary – is there a difference in what you can do now, compared to what you could do then? Is there a difference in how you feel too?**

Make a note of any changes here:

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**Date:**

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2.

3.

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## Congratulations on being active for 12 weeks!

For lots more support and information, visit our website at [macmillan.org.uk/beactive](http://macmillan.org.uk/beactive) You can also call our cancer support specialists for more information on **0808 808 00 00**.

'Regular physical activity is a key part of cancer survivorship – a good way of keeping fit, and maintaining a healthy weight and good mental health. Add in the social aspects, along with the sense of pride and satisfaction when you achieve your targets – what other motivation is needed? So get moving!'

**Carole, diagnosed with pancreatic cancer in 2009**

WEEK 12