



Movement and Exercise Activity Chart

Here is an example of a daily activity and exercise chart for a person with back and leg pain. You can use this example as a template or you can download an 'App' (Android or smart phone device) which logs your daily exercise and your energy expended (calories/kilojoules). Many 'Apps' are freely available through the iTunes 'App' store.



Day	Mon	Tues	Wed	Thur	Fri	Sat	Sun	How often	How long (minutes)	Intensity (how hard)	Progress
Activity											
Walking	✓		✓		✓			3	10	Medium pace	Managing well
○ To bus											
○ Bus to work	✓		✓		✓			3	10	Medium pace	Stiff, better once moving
○ Work to bus		✓		✓				2	10	Medium pace	Managing well
○ Bus to home		✓		✓				2	10	Medium pace	Stiff, better once moving
○ Dog						✓	✓	2	20	Medium - fast	Some back/leg pain at end of walk
Stretching low back and legs (10-15 minutes)		✓	✓		✓	✓		4	15	Slow	Lessens back and leg pain
Leg strengthening Exercises (20 minutes)	✓				✓		✓	3	20	12-15 reps per exercise; 3 groups of each exercise; using body weight as load	Some muscle soreness in legs
Golf			✓					1	45 (with breaks)		3 practice holes without back or leg pain