



**Recording Sheet**

Fill in the table at the bottom of this sheet every day for a week

**ACTIVITY LEVEL**

Use the information below to decide how active you were on each day and what score you deserve. You will have to estimate and be honest!

If you didn't get out of bed all day you get 0 – if you ran a marathon give yourself 20!

<b>Inactive</b> Score: 0-6	<b>Fairly active</b> Score: 7-13	<b>Very active</b> Score: 14-20
An inactive day would involve:  Lying in bed, being driven places, sitting in front of the computer or watching loads of TV. Playing computer games. Using lifts. Slobbing about!	A fairly active day would involve:  Chilling out some of the time but getting out and about on your own two feet! Climbing stairs. Not sitting around too much...	A very active day would involve:  Walking, running, cycling around. Playing active games or sports. Getting out of breath, feeling warm.

**WATER DRUNK**

Keep track of how much water you drank each day too. A small glass of water is 250 ml, while a larger Anglian plastic water bottle is 330 ml.

**WEE COLOUR**

Colour in the final column in the chart to show your wee colour at the end of each day.

Day of the week	Activity level 0 - 20	Number of 250ml glasses of water drunk	Number of 330ml bottles of water drunk	Wee colour end of day
Mon				
Tues				
Wed				
Thurs				
Fri				
Sat				
Sun				

When the sheet is complete transfer your information to the computer.