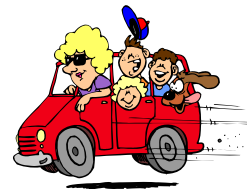
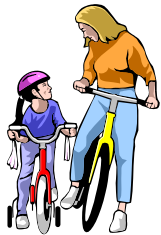


Acknowledgments must be given to the Children's Nutrition Centre, University of Queensland, Australia if this questionnaire is used or modified.



# 4-Day Activity Diary



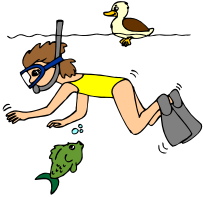
# 4-Day Activity Diary

Before you begin Eat Smart, please record the activity you do on 3 weekdays and 1 weekend day

The 24 hour period has been broken down to 15 minute slots below and you are asked to complete each of these slots.

Day: \_\_\_\_\_  
 Date: \_\_\_\_\_  
 Subject code \_\_\_\_\_

**What you need to do:** - Record the day and date in the box at the top of this page



- As you go through the day record the time and types of activities per hour and in 15 minute slots
- Code the activity with a number from 1 - 9 (see Activity Codes) and fill in each 15-minute slot with that number.
- See sample sheet as a guide before you complete this diary.

	Midnight-1:00am	1:00 - 2:00am	2:00 - 3:00am	3:00 - 4:00am	4:00 - 5:00am	5:00 - 6:00am	6:00 - 7:00am	7:00 - 8:00am
Activity Code								
	8:00 - 9:00am	9:00 - 10:00am	10:00 - 11:00am	11:00 - Midday	Midday - 1:00pm	1:00 - 2:00pm	2:00 - 3:00pm	3:00 - 4:00pm
Activity Code								
	4:00 - 5:00pm	5:00 - 6:00pm	6:00 - 7:00pm	7:00 - 8:00pm	8:00 - 9:00pm	9:00 - 10:00pm	10:00 - 11:00pm	11:00 - Midnight
Activity Code								

**Activity Codes:**



- 1 = Sleeping
- 2 = In the car/ bus/train
- 3 = Sitting (eating or reading/ writing)
- 4 = Watching TV/ video or playing on computer
- 5 = Playing inside the house (dolls, board games etc)
- 6 = Washing/ Dressing/ Walking



- 7 = Playing outside/ running around/ cycling/ at the beach
- 8 = Organised sport: netball, soccer, hockey, swimming etc
- 9 = Miscellaneous - doesn't fit into any of the above categories (please describe on the back of this page)