

RECORD YOUR DAILY ACHIEVEMENTS

Physical activity lifts your spirits and can be enjoyed by everyone. Do something you enjoy: walking, gardening, swimming – the list is endless. Not only will you feel healthier, but you may meet new friends along the way.

Rachel Bryce, Breast Care
 Specialist Nurse, Bedford Hospital

Physical activity really helped a lot. Fatigue was a big thing for me, but just walking around the garden or something small like that helped me feel good. Exercise helped my recovery so much.

Ellis, diagnosed with leukaemia

Keep this somewhere you can see it easily, such as on your fridge, and record how you're doing each day.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week starting / /	week one						
Week starting / /	week two						
Week starting / /	week three						
Week starting / /	week four						

Record your daily achievements

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week starting / /	week five						
Week starting / /	week six						
Week starting / /	week seven						
Week starting / /	week eight						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week starting / /	week nine						
Week starting / /	week ten						
Week starting / /	week eleven						
Week starting / /	week twelve						

For more information and support as you get active, visit [macmillan.org.uk/beactive](https://www.macmillan.org.uk/beactive)