
















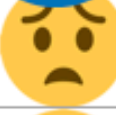











Use an exercise diary to track your daily activity

Date	Feeling before	Activity	Duration	Scale of breathlessness	Comments
17/4	  	Gardening	15m	2	
18/4	  	Indoor walking video	30m	3	Raining outside
19/4	  	Walk around park	45m	4	Tiring but felt good
20/4	  	Walk around park	35m	3	Walked faster than yesterday
21/4	  	Hanging up laundry	15m	5	Sore legs from previous day
22/4	  	Food shopping	25m	3	Heavy bags meant I walked slower
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