

Accelerometer ID: _____

(Please return with your accelerometer)

to ____/____/____ (mm/dd/yyyy)

This physical activity and sport diary will help to better identify the activities developed during the week. Please, register them as precisely as you can, describing any relevant observation that should be mentioned like in the case of water-based activities or cycling outdoors.

[illegible]

Note: Please use the back of this form for extra entries.

[illegible]



Participant ID: _____

Accelerometer ID: _____

Physical Activity and Sport Diary

(Please return with your accelerometer)

Assessment Period: ____/____/____

to ____/____/____ (mm/dd/yyyy)

This physical activity and sport diary will help to better identify the activities developed during the week. Please, register them as precisely as you can, describing any relevant observation that should be mentioned like in the case of water-based activities or cycling outdoors.

Date:	Day of the week	Activity developed	Starting time	Finishing time	Observations

Note: Please use the back of this form for extra entries.

[illegible]