

# RECORD YOUR DAILY ACHIEVEMENTS

**WE ARE  
MACMILLAN.  
CANCER SUPPORT**

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

'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

'Taking small steps every day over a period of time to become more physically active has given me my life back.'

Lorraine, diagnosed with lung cancer in 2007

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)