

Here you can note measurements such as blood pressure, height, weight and waist circumference.

Measurements	Date <input type="text"/>	Date <input type="text"/>
Blood Pressure	<input type="text"/> mmHg	<input type="text"/> mmHg
Height	<input type="text"/> metres	<input type="text"/> metres
Weight	<input type="text"/> kg	<input type="text"/> kg
BMI (wt/ht ²)	<input type="text"/> kg/m ²	<input type="text"/> kg/m ²
Waist Circumference	<input type="text"/> cm	<input type="text"/> cm

Targets and subgoals

In the space provided on the right you can fill in the target that you set for your training. If possible, divide into a number of sub-goals that you can tick off.

Notes



Co-funded by the Health Programme of the European Union



hpd.gov.mt

2326 6000



In collaboration with:
Physiotherapy Services
 Email: physiotherapyservices@gov.mt
 Tel: 2545 6600/1

This EUPAP publication is part of the project "847174 / EUPAP" which has received funding from the European Union's Health Programme (2014-2020). The content of this publication represents the views of the authors only and is their sole responsibility; it cannot be considered to reflect the views of the European Commission and/or the European Health and Digital Executive Agency (HaDEA) or any other body of the European Union. The European Commission and the Agency do not accept any responsibility for use that may be made of the information it contains.

Reproduction is authorised provided the source is acknowledged.

© 2021 Reprint 2024

Activity Diary

Keep a check on your targets and activities



