

Week 1			
Date	Did you go out for a walk today?  Yes/No	How many times?	How long was each of your walks? (in minutes)  [e.g. walk1=10mins; walk2=20mins, etc]
What did you enjoy about your walk/s?		What did you NOT enjoy about walk/s?	
<p>If you did NOT go out, why not? Please circle below</p> <p><b>Didn't feel like it / Something stopped me (i.e. pain, agitation, weather conditions)/ Carer unavailable/ Other</b> (please describe below).</p>			