

The Starvation Diet

Activity Log sheet

Have got into exercising a bit of late. Hate the idea of making a special effort to do activity and really believe that we should aim to build lives with enough activity to keep us fit built in. But in light of me sitting at the computer a lot and not having a commute at the moment am trying to build in a false commute some days, e.g. bike ride to my desk via round route through country lanes, swim to work via the local baths.

Date	Activity	Distance/laps/ ect	Notes	Calories burnt approx
Sunday 18th April	Bike ride	3.99 miles	Leisurely ride to the book shop up the road via a round the houses route.	302 calories
Monday 19th April	Bike ride	4.88 miles	Fast ride. Saw some mad birds which looked like swallows but bigger and made a noise like an alarm going off.	378 calories
Tuesday 20th April	Bike ride 1	5.38 miles	Sat at the side of the lake and watched the swans flying past, dipping their feet in the water as they went. Saw the funny noised bird again.	446 calories
	Bike Ride 2	2 miles	To knitting and back.	132 calories

The Starvation Diet

Log sheet

Date	Activity	Distance/lapsetc	Notes	Calories Burnt
Wednesday 21st April	Bike Ride	2.01 miles	Ride to the further shop and back up the horrible steady hill. Windy too. Added 50 calories on because of wind and hill.	132 +50 calories
Thursday 20th April	None			
Friday 21st April	Dance around the kitchen			

The Starvation Diet

Log sheet

Date	Activity	Distance/laps etc	Notes	Calories burnt
Saturday 24th April	Walk to the station and around Manchester.			200 Calories
	Dance around the kitchen for half an hour.			200 Calories
Sunday 25th April	Bike ride– medium speed	7.34 Miles	Ride up to bookshop then the hollies and back.	600 calories
Monday 26th April	Bike Ride-Average speed 4.96 m/h	2.03 miles	Ride to Whitegate way and back along Chester Road.	135 calories

The Starvation Diet

Log sheet

Date	Activity	Distance/miles	Notes	Calories burnt
Tuesday 27th April	Bike Ride	3 miles	GPS died so this is an estimate.	300 calories
Wednesday 28th April	Bike ride at average speed of 7 m/h	5.78 miles		650 calories
Thursday 29th April				

The Starvation Diet

Log sheet

Date	Activity	Distance	Notes	Calories burnt
Friday 30th April				
Saturday 1st May				
Sunday 2nd May	Bike ride to Hollies shop and back average 8.85 m/h	5.43		250 calories
	Walk.	7 miles		200 calories

The Starvation Diet

Log sheet

Date	Activity	Distance	Notes	Calories burnt
Monday 3rd May				
Tuesday 4th May	Ride to knitting and round and about.			147
Wednesday 5th May	Cycle to cricket with George.	2 miles		150

The Starvation Diet

Log sheet

Date	Resisted	Contribution to the pot	Notes	Total
Thursday 6th May	Walk around Manchester etc	5k		100 calories
Friday 7th May				
Saturday 8th May				

The Starvation Diet

Log sheet

Date	Activity	Distance	Notes	Calories
Sunday 9th May				
Monday 10th May	Bike ride to Delemere Station around Chester and back from Cuddington station.	7 miles	Lots of this was on sandy paths which make cycling a lot harder.	600 calories
Tuesday 11th May	Bike ride to post office knitting and back	2 miles	Getting faster and less out of breath up the big hill.	135 calories

The Starvation Diet

Log sheet

Date	Activity	Distance	Notes	Total
Wednesday 12th May	Bike ride at average 9.54 miles/hour	4.43 miles	Gps says 125 calories but it think its gone mad.	300 calories
Thursday 13th May	Bike ride at an average speed of 7.45 miles	2.26 miles		100 calories
Friday 14th May	Walk around Manchester with a big bag on my back.	12k		100 calories

The Starvation Diet

Log sheet

Date	Resisted	Contribution to the pot	Notes	Total
Saturday 15th May				
Sunday 16th May	Ride to Weaverham High and back.	5miles		150 calories
Monday 17th May	Circuit bike ride around half of Weaverham route.	2.66 miles		100 calories

The Starvation Diet

Log sheet

Date	Activity	Distance	Notes	Total
Tuesday 18th May	Cycle to post office and knitting	4.77 miles		100 calories
Wednesday 18th May	Cycle ride to Northwich to get Supplies. Cycle to Greenbank and then from Cuddington Station.	4.77 miles		150 calories
Thursday 20th May	Walk around Chester/ Manchester.	10k		100 calories

The Starvation Diet

Log sheet

Date	Activity	Distance	Notes	Total
Friday 21st May	Ride to the hollies for meeting and then back to youth club.	6 miles		150 calories
Saturday 22nd May	Walk to station and around Manchester	7k		150 calories
Sunday 23rd May				

The Starvation Diet

Log sheet

Date	Activity	Distance	Notes	Calories burnt
Monday 24th May	Ride to Whitegate Station and race back with George. Ride around the lake too.	6 miles		600 calories
	Ride to the park and back at speed.			100 calories
Tuesday 25th May	Ride to the Hollies and back to get honey and cheese.	5.23 miles		130 calories
Wednesday 26th May	Ride to Petty Pool and back.	2 miles	Picked some Elder flower to make elder flower cordial. At least I hope it was elder flower.	100 calories

The Starvation Diet

Log sheet

Date	Activity	Distance	Notes	Calories burnt
Thursday 27th May	Bike ride through Manchester.	4 miles		100
Friday 28th May	Walking around Chester.	5 miles		200
Saturday 29th May	Walking around Kelsal for Folk festival.	3 miles		200

The Starvation Diet

Log sheet

Date	Activity	Distance	Notes	Calories burnt
Sunday 30th May	Walking around Chester.	3 miles		200
Monday 31st May	Rode to kelsal via Delemere.	15 miles		643
Tuesday 1st June	Walking around Manchester. Carrying lots of stuff back.	4 miles		300

The Starvation Diet

Log sheet

Date	Activity	Distance	Notes	Calories burnt
Wednesday 2nd June	Walking through Salford.	3 miles		200
Thursday 3th June	Painting and setting up at youth club.			200
Friday 4th June	Walking around Chester.	4 miles		200

The Starvation Diet

Log sheet

Date	Activity	Distance	Notes	Calories burnt
Saturday 5th June				
Sunday 6th June	Bike ride to Hollies.	4 miles		200
Monday 7th June	Carrying furniture across Chester Bike ride to Chester with lots of luggage.	1 mile 3 miles		300

The Starvation Diet

Log sheet

Date	Activity	Distance	Notes	Calories burnt
Tuesday 8th June	Carrying furniture across Chester. Walking around Chester for tea party event.	1 mile 3 miles		200
Wednesday 9th June	Walking around Chester.	4 miles		200
Thursday 10th June				

The Starvation Diet

Log sheet

Date	Activity	Distance	Notes	Calories burnt
Friday 11th June				
Saturday 12th June	Walked around Northwich	2 miles		
Sunday 13th June	Tatton park drift. Walking.	12 miles		

The Starvation Diet

Log sheet

Date	Activity	Distance	Notes	Calories burnt
Monday 14th June				
Tuesday 15th June	Walked to Youth Club	1 mile		
Wednesday 16th June	Walking around Chester. Ride to youth club and back with dodgy Crank.	7 miles 1.5 mile		200

The Starvation Diet

Log sheet

Date	Activity	Distance	Notes	Calories burnt
Thursday 17th June	Bike ride to the lake on Whitegate way and back.	3 miles		300
Friday 18th June				
Saturday 19th June				