14-DAY TRACKER

Time Outdoors Tracker

A dot for your minutes outside each day. Twenty minutes in daylight is the manual's starting point; a walk round the block counts as much as a day in the hills.



SHEET 21

Name _____ **Day 1 is** _____

DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Date														
MINUTES OUTDOORS: ABOVE 60, PUT THE DOT ON THE TOP LINE AND WRITE THE NUMBER														
Minutes outside ● total in daylight	60 / 50 / 40 / 30 / 20 / 10 / 0													
WHAT KIND OF TIME														
Out before midday	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Green space or water park, trees, river	○	○	○	○	○	○	○	○	○	○	○	○	○	○
With someone	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Gardening or hands in soil	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Where I went initial														
HOW I FELT														
Mood 10 = best														
Sleep last night 0 to 10														
Gut symptoms 0 to 10														

My places

Five minutes from my door _____

A green space I can reach _____

Bad-weather or low-energy fallback _____

Someone who might come _____

Before more sun

- ☐ Asked a pharmacist whether my medicines increase sun sensitivity
- ☐ Know my local sun-protection advice
- ☐ Asked about vitamin D if I am rarely outdoors

! **Use this sheet to build a daily outdoor routine.** Protect your skin as local advice recommends. Some medicines make skin more sensitive to sun, so check before spending longer outside. Wash your hands after gardening. Vitamin D supplements are an individual decision for you and your clinician.