



Mpilo’s Story & Activity Map

Mpilo is a 43-year old man with a wife and 4 children. He works full-time in his spaza shop. He has Type 2 Diabetes and his doctor says he needs to lose 10 kilograms. Mpilo needs to find ways to get active. First, he thinks about his day and maps his activity:



	EVENT	CODE
4-5am	Sleeping	
5-6am	Wakes up	S
6-7am	Get kids ready for school	O
7-8am	Walk to spaza shop – less than 5 minutes	BW - 5 minutes
8-9am	Sit at spaza shop	S
9-10am	Sit at spaza shop	S
10-11am	Sit at spaza shop	S
11-12pm	Sit at spaza shop	S
12-1pm	Lunch. Eats in shop, sometimes walks 5 minutes to get fast food.	BW – 5 minutes
1-2pm	Sit at spaza shop	S
2-3pm	Sit at spaza shop	S
3-4pm	Sit at spaza shop	S
4-5pm	Sit at spaza shop	S
5-6pm	Close spaza shop, walk home – less than 5 minutes	BW – 5 minutes
6-7pm	Eat dinner	S
7-8pm	Watch TV	TV
8-9pm	Watch TV	TV

ACTIVITY	CODE
Walking	W
Brisk Walking	BW
Jogging/Running	R
Brisk Household Chores	HC
Gym/fitness	G/F
Biking	B
Active Games	AG
Dancing	D
TV time	TV
Sitting Time	S
Other	O