

Physical Activity Diary



Use the form to help record the activity you do, how long and hard you do it and your mood. This will help you manage fatigue and reward effort.
Record activity from three typical types of activity humans do each day that can provide positive health benefits.

Step 1: Type in the activity you did and the duration you did it for - including warm up and cool down.
The minutes will be automatically accrued for the day and the week.

Step 2: Use a Borg RPE 1-10 intensity scale of 0 = Nothing at all to 10 = Maximal exertion to measure how hard you worked.

Step 3: Record your mood for each day with Capital letters. J = Happy, K = Feeling Average and L = Not Happy.

Week Day	Description	What type of activity	How long?	Intensity (RPE)	How did you feel?   
Sample	Everyday activities (EA)	Gardening	10	4	
	Aerobic (A)	Swimming	15	5	
	Strength Training (ST)	Lifting Weights	0	0	
	Total Time		25	3	
Mon	Everyday activities (EA)				
	Aerobic (A)				
	Strength Training (ST)				
	Total Time				
Tue	Everyday activities (EA)				
	Aerobic (A)				
	Strength Training (ST)				
	Total Time				
Wed	Everyday activities (EA)				
	Aerobic (A)				
	Strength Training (ST)				
	Total Time				
Thu	Everyday activities (EA)				
	Aerobic (A)				
	Strength Training (ST)				
	Total Time				
Fri	Everyday activities (EA)				
	Aerobic (A)				
	Strength Training (ST)				
	Total Time				
Sat	Everyday activities (EA)				
	Aerobic (A)				
	Strength Training (ST)				
	Total Time				
Sun	Everyday activities (EA)				
	Aerobic (A)				
	Strength Training (ST)				
	Total Time				
Summary	Everyday activities (EA)				
	Aerobic (A)				
	Strength Training (ST)				
	Total Time				