

No-Fad Diet

Activity Diary Page

Date: _____ Mon. Tues. Wed. Thurs. Fri. Sat. Sun.

TIME OF DAY	ACTIVITY	DURATION	LEVEL OF EXERTION	LEVEL OF ENJOYMENT

TOTAL Daily Activity Minutes: _____

Notes: _____

If You Did Not Exercise Today, Why?

- Not enough time
- Didn't want to
- Other _____

Level of Perceived Exertion

- 0 = Nothing at all
- 1 = Very, very light
- 2 = Very light
- 3 = Light
- 4 = Moderate/brisk
- 5 = Somewhat hard
- 6 = Hard
- 7 = Very hard
- 8 = Very, very hard
- 9 = Extremely hard
- 10 = Absolute maximal effort

Level of Enjoyment

- 1 = Did not enjoy
- 2 = Neutral
- 3 = Did enjoy