# No-Fad Diet

## Activity Diary Page

Date: ______________

<table>
<thead>
<tr>
<th>TIME OF DAY</th>
<th>ACTIVITY</th>
<th>DURATION</th>
<th>LEVEL OF EXERTION</th>
<th>LEVEL OF ENJOYMENT</th>
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TOTAL Daily Activity Minutes: _________

Notes: ___________________________________________________________

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**If You Did Not Exercise Today, Why?**

- [ ] Not enough time
- [ ] Didn’t want to
- [ ] Other __________________________

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**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

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