

Daily Physical Activity Log

*“Success is the sum of small efforts, repeated every day.” –
Robert Collier*

Background Information

Following along your Personal Physical Activity Plan, this is where you will check-in weekly with your activity levels, progress towards your goal, re-plan if need be, etc...

Assignment

Your assignment is to report on your daily physical activity throughout the week. You should strive to complete some physical activity daily, although your plan may have some days of the week as “lighter” days on purpose. Below, track your daily physical activity and adjust your goals or plans as needed. Use the following chart to track your exertion levels.

Rate of Perceived Exertion (RPE Scale)

1	2	3	4	5
Very Light Activity	Light Activity	Moderate Activity	Vigorous Activity	Max Effort Activity
Hardly any exertion, but more than watching TV, or sleeping	Feels like you can easily maintain this level Easy to breathe and carry a conversation	Breathing heavily Can hold a short conversation between breathing	Borderline uncomfortable. Can speak few words at a time	Very difficult to maintain level. Can barely speak and breathing heavily

Personal Goal

My personal goal is _____.

Daily Physical Activity Log

Monday

What did you do on Monday with regards to physical activity?

Answer:

What was your rate of perceived exertion during your workout on Monday? (answer 1-5)

Tuesday

What did you do on Tuesday with regards to physical activity?

Answer:

What was your rate of perceived exertion during your workout on Tuesday? (answer 1-5)

Wednesday

What did you do on Wednesday with regards to physical activity?

Answer:

What was your rate of perceived exertion during your workout on Wednesday? (answer 1-5)

Thursday

What did you do on Thursday with regards to physical activity?

Answer:

What was your rate of perceived exertion during your workout on Thursday? (answer 1-5)

Friday

What did you do on Friday with regards to physical activity?

Answer:

What was your rate of perceived exertion during your workout on Friday? (answer 1-5)

Adjusting your plan

Are there any changes to your plan that you would like to make this week? Would you like to make your exercise more difficult, longer, shorter, different? Keep track of your abilities throughout the process. Can you lift more weights, take longer runs or walks, etc...?

Answer: