ⓤ UKK-instituutti

PHYSICAL ACTIVITY DIARY   Date _____ ID _____

Device _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EXERCISE TYPE 1							
TIME 00:00–00:00							
STRAIN (1–3)							
EXERCISE TYPE 2							
TIME 00:00–00:00							
STRAIN (1–3)							
EXERCISE TYPE 3							
TIME 00:00–00:00							
STRAIN (1–3)							
EXERCISE TYPE 4							
TIME 00:00–00:00							
STRAIN (1–3)							

Enter the leisure-time exercise you take (swimming, cycling, gym, dance, walking, running, etc.) and exercise on the way to and from work (walking, cycling, roller-skating, etc.) for each day. If you engage in more than one type of exercise during the same day, enter the first exercise type under **exercise type 1** and the next under **exercise type 2,** etc.

For each exercise type, enter the beginning and end time to the nearest minute (under **time**) and estimate how strenuous the exercise was:
1 = light (you were hardly at all out of breath or sweating)
2 = brisk/moderate (you were somewhat out of breath and sweating)
3 = strenuous/rigorous (your were extremely out of breath and sweating a lot)

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