

## 7 Day Physical Activity and Step Log

Participant ID#: \_\_\_\_\_

	Example	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Date	<i>Feb 13, 2012</i>							
Physical Activity #1	Activity: <i>Water Aerobics</i>	Activity:	Activity:	Activity:	Activity:	Activity:	Activity:	Activity:
	Duration: <i>45 minutes</i>	Duration:	Duration:	Duration:	Duration:	Duration:	Duration:	Duration:
	Exertion Level: <i>3 /10</i>	Exertion Level: /10	Exertion Level: /10	Exertion Level: /10	Exertion Level: /10	Exertion Level: /10	Exertion Level: /10	Exertion Level: /10
Physical Activity #2	Activity: <i>Cycling on Stationary Bike</i>	Activity:	Activity:	Activity:	Activity:	Activity:	Activity:	Activity:
	Duration: <i>20 minutes</i>	Duration:	Duration:	Duration:	Duration:	Duration:	Duration:	Duration:
	Exertion Level: <i>6 /10</i>	Exertion Level: /10	Exertion Level: /10	Exertion Level: /10	Exertion Level: /10	Exertion Level: /10	Exertion Level: /10	Exertion Level: /10
Daily Steps	<i>8 676</i>							
Pedometer activity time (hr: min: sec)	<i>2:41:12</i>							
Hours of Pedometer Use	<i>11 hours</i>							

- Please record your daily physical activity for an entire week (7 days) prior to your next prediabetes session.
- Only record activities performed for **10 or more consecutive minutes**. Please see back of sheet for explanation of exertion levels. Do not wear your pedometer for activities counted separately.
- If you complete more than 2 activities in one day, please attach a sheet with the activity, duration, and exertion level of that activity.
- Lastly, please wear your pedometer for a **minimum of 10 hours** for the 7 days recorded, and record the **number of steps, pedometer activity time** (press the mode button on your pedometer for this reading) as well as the **total hours worn** for each day.

## Rating of Perceived Exertion

Exertion Level	1	2	3	4	5	6	7	8	9	10
Intensity	Extremely Easy	Easy		Somewhat Easy		Somewhat Hard		Hard		Extremely Hard
Breathing Rate	Normal	Slight increase. Can still carry on a conversation.		Greater increase. Can still speak in short sentences.			More out of breath. Can only speak 1-2 words at a time.		Greatly increased.	Completely out of breath, gasping.
Body Temp	Normal	Start to feel warm		Warm, may be starting to sweat			Quite warm, sweating		Hot, sweating quite a bit	Very hot, sweating lots
Examples	Easy golf, dusting, stretching	Brisk walking, climbing stairs, mowing the lawn, swimming		Brisk walking or dancing, moderate biking			Jogging, fast cycling, hockey, basketball		Running fast	Sprinting all-out

There is no "right" answer for rating your perceived exertion, as the levels are very subjective, that is, they depend on how YOU FEEL.

### Here are some tips for helping you to rate your perceived exertion level:

- During the physical activity, try to make a conscious effort to assess your breathing rate (Can you still speak in sentences?), your body temperature (Are you sweating at all?), as well as how intense the activity feels (Is it really hard? Do your leg muscles ache?)
- You may find that your exertion changes during an activity, for example, maybe you were at level 7 while walking up a hill, but at level 4 for the rest of your walk. Try to estimate your average exertion level, and if you struggle to do this, please write the range that you experience, or in this case, 4 to 7.

