

# Exercise Diary and Log

What is your exercise goal? Think about what you would like to achieve and what you can do each day to help you get there. Each evening, complete your diary with what you have achieved and then think about how it made you feel. Spend some time at the end of the month thinking about what you could develop the following month. Could you run further or faster, for example?

Use this rating scale as a guide to show how you feel:

1 = you do not feel well

5 = you feel OK

10 = you feel the best you could feel

## Day 1:



How long did you exercise for today? \_\_\_\_\_ minutes/hours

How did you feel before you exercised?

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

How did you feel after you exercised?

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

## Day 2:



How long did you exercise for today? \_\_\_\_\_ minutes/hours

How did you feel before you exercised?

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

How did you feel after you exercised?

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

## Day 3:



How long did you exercise for today? \_\_\_\_\_ minutes/hours

How did you feel before you exercised?

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

How did you feel after you exercised?

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

## Day 4:



How long did you exercise for today? \_\_\_\_\_ minutes/hours

How did you feel before you exercised?

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

How did you feel after you exercised?

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

## Day 5:



How long did you exercise for today? \_\_\_\_\_ minutes/hours

How did you feel before you exercised?

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

How did you feel after you exercised?

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

## Day 6:



How long did you exercise for today? \_\_\_\_\_ minutes/hours

How did you feel before you exercised?

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

How did you feel after you exercised?

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

## Day 7:



How long did you exercise for today? \_\_\_\_\_ minutes/hours

How did you feel before you exercised?

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

How did you feel after you exercised?

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

## Day 8:



How long did you exercise for today? \_\_\_\_\_ minutes/hours

How did you feel before you exercised?

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

How did you feel after you exercised?

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

## Day 9:



How long did you exercise for today? \_\_\_\_\_ minutes/hours

How did you feel before you exercised?

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

How did you feel after you exercised?

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

## Day 10:



How long did you exercise for today? \_\_\_\_\_ minutes/hours

How did you feel before you exercised?

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

How did you feel after you exercised?

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

## Day 11:



How long did you exercise for today? \_\_\_\_\_ minutes/hours

How did you feel before you exercised?

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

How did you feel after you exercised?

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

## Day 12:



How long did you exercise for today? \_\_\_\_\_ minutes/hours

How did you feel before you exercised?

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

How did you feel after you exercised?

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

## Day 13:



How long did you exercise for today? \_\_\_\_\_ minutes/hours

How did you feel before you exercised?

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

How did you feel after you exercised?

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

## Day 14:



How long did you exercise for today? \_\_\_\_\_ minutes/hours

How did you feel before you exercised?

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

How did you feel after you exercised?

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

## Day 15:



How long did you exercise for today? \_\_\_\_\_ minutes/hours

How did you feel before you exercised?

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

How did you feel after you exercised?

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

## Day 16:



How long did you exercise for today? \_\_\_\_\_ minutes/hours

How did you feel before you exercised?

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

How did you feel after you exercised?

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

## Day 17:



How long did you exercise for today? \_\_\_\_\_ minutes/hours

How did you feel before you exercised?

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

How did you feel after you exercised?

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

## Day 18:



How long did you exercise for today? \_\_\_\_\_ minutes/hours

How did you feel before you exercised?

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

How did you feel after you exercised?

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

## Day 19:



How long did you exercise for today? \_\_\_\_\_ minutes/hours

How did you feel before you exercised?

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

How did you feel after you exercised?

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

## Day 20:



How long did you exercise for today? \_\_\_\_\_ minutes/hours

How did you feel before you exercised?

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

How did you feel after you exercised?

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

## Day 21:



How long did you exercise for today? \_\_\_\_\_ minutes/hours

How did you feel before you exercised?

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

How did you feel after you exercised?

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

## Day 22:



How long did you exercise for today? \_\_\_\_\_ minutes/hours

How did you feel before you exercised?

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

How did you feel after you exercised?

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

## Day 23:



How long did you exercise for today? \_\_\_\_\_ minutes/hours

How did you feel before you exercised?

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

How did you feel after you exercised?

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

## Day 24:



How long did you exercise for today? \_\_\_\_\_ minutes/hours

How did you feel before you exercised?

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

How did you feel after you exercised?

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

## Day 25:



How long did you exercise for today? \_\_\_\_\_ minutes/hours

How did you feel before you exercised?

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

How did you feel after you exercised?

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

## Day 26:



How long did you exercise for today? \_\_\_\_\_ minutes/hours

How did you feel before you exercised?

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

How did you feel after you exercised?

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

## Day 27:



How long did you exercise for today? \_\_\_\_\_ minutes/hours

How did you feel before you exercised?

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

How did you feel after you exercised?

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

## Day 28:



How long did you exercise for today? \_\_\_\_\_ minutes/hours

How did you feel before you exercised?

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

How did you feel after you exercised?

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

## Day 29:



How long did you exercise for today? \_\_\_\_\_ minutes/hours

How did you feel before you exercised?

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

How did you feel after you exercised?

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

## Day 30:



How long did you exercise for today? \_\_\_\_\_ minutes/hours

How did you feel before you exercised?

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

How did you feel after you exercised?

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩