

	What did I do?		How long did I exercise in total today?	How did I feel afterwards?
Monday	Walking Energetic housework Running/jogging Swimming Cycling	Dancing Gym Strength exercises Flexibility (yoga/ pilates etc.)	1. 10 minutes 2. 10-20 minutes 3. 20-30 minutes 4. 30 -60 minutes 5. An hour plus	1. Worse 2. Better 3. Satisfied 4. Neither up nor down 5. Other
Tuesday	Walking Energetic housework Running/jogging Swimming Cycling	Dancing Gym Strength exercises Flexibility (yoga/ pilates etc.)	1. 10 minutes 2. 10-20 minutes 3. 20-30 minutes 4. 30 -60 minutes 5. An hour plus	1. Worse 2. Better 3. Satisfied 4. Neither up nor down 5. Other
Wednesday	Walking Energetic housework Running/jogging Swimming Cycling	Dancing Gym Strength exercises Flexibility (yoga/ pilates etc.)	1. 10 minutes 2. 10-20 minutes 3. 20-30 minutes 4. 30 -60 minutes 5. An hour plus	1. Worse 2. Better 3. Satisfied 4. Neither up nor down 5. Other
Thursday	Walking Energetic housework Running/jogging Swimming Cycling	Dancing Gym Strength exercises Flexibility (yoga/ pilates etc.)	1. 10 minutes 2. 10-20 minutes 3. 20-30 minutes 4. 30 -60 minutes 5. An hour plus	1. Worse 2. Better 3. Satisfied 4. Neither up nor down 5. Other
Friday	Walking Energetic housework Running/jogging Swimming Cycling	Dancing Gym Strength exercises Flexibility (yoga/ pilates etc.)	1. 10 minutes 2. 10-20 minutes 3. 20-30 minutes 4. 30 -60 minutes 5. An hour plus	1. Worse 2. Better 3. Satisfied 4. Neither up nor down 5. Other
Weekend	Walking Energetic housework Running/jogging Swimming Cycling	Dancing Gym Strength exercises Flexibility (yoga/ pilates etc.)	1. 10 minutes 2. 10-20 minutes 3. 20-30 minutes 4. 30 -60 minutes 5. An hour plus	1. Worse 2. Better 3. Satisfied 4. Neither up nor down 5. Other