



Daily Activity Log

Date	Activity completed	Record your blood pressure (BP) and pulse (P)			Length of time of activity	Perceived exertion (See chart below)
		Before activity	During activity	After activity		
		BP	BP	BP		
		P	P	P		
		BP	BP	BP		
		P	P	P		
		BP	BP	BP		
		P	P	P		
		BP	BP	BP		
		P	P	P		
		BP	BP	BP		
		P	P	P		
		BP	BP	BP		
		P	P	P		
		BP	BP	BP		
		P	P	P		
		P	P	P		

Perceived Exertion Scale

Perceived exertion is how hard you feel your body is working. It is based on the sensations a person feels during physical activity. If you have high exertion (5 or higher), you may feel things like increased heart rate, increased breathing rate, increased sweating, and tired muscles. After you exercise, use this scale to explain how hard you feel your body worked.

0	0.5	1	2	3	4	5	6	7	9	10
Nothing at all	Very, very weak	Very weak	Weak	Moderate	Somewhat strong	Strong		Very strong		Very, very strong

Source: Borg, G.V. (1982) Psychological basis of perceived exertion. *Medicine and Science in Sports and Exercise*, 14, 377-381. American College of Sports Medicine.